



# Gold Medal Wrestling

Serving the DeForest area since 1985

Youth | Middle School | High School

## 2021 – 2022 Registration Form

You can also register on our website!

**\$40/Wrestler**

Checks made payable to Gold Medal Wrestling

**You must purchase your USAW ID # Prior to Registering.** This is \$50 and is paid directly to USA Wrestling. Please visit our website, [deforestwrestling.com](http://deforestwrestling.com), for step by step instructions.

<b>Wrestler Information</b>	
First Name:	Last Name:
DOB (MM/DD/YY):	Grade:
USAW ID#:	Team T-Shirt Size (YS-XXL):
Approximate Weight:	Physician Name & Number:
<b>Singlet Information</b>	
The cost to rent or buy a singlet is \$40. If you chose to rent your \$40 will be reimbursed once the singlet has been returned. A separate check should be made out to Gold Medal Wrestling for your singlet. This is due at the time you get your singlet. Information on pick-up day to follow.	
<b>Select One:</b> <input type="checkbox"/> Rent <input type="checkbox"/> Buy <input type="checkbox"/> NA	<b>Size (XXXS – 3XL):</b>
<b>Parent/Guardian Information</b>	
First Name:	Last Name:
Phone #:	Email:
Address:	
City, State, Zip:	
<b>Parent/Guardian Information</b>	
First Name:	Last Name:
Phone #:	Email:
Address:	
City, State, Zip:	
<b>Volunteer!</b>	
<b>We can always use your help! Please select one or more areas of interest.</b>	
<ul style="list-style-type: none"> <li>• Concessions – High School &amp; Youth Tournament (High School 1/15   Youth 01/16)</li> <li>• Coaching</li> <li>• Meat Raffle</li> <li>• 4<sup>th</sup> of July Pig Roast</li> <li>• Board Member (2022 – 2023 Season)</li> </ul>	

**Please bring this form & payment (\$40/Wrestler) to your first practice.**

**A separate check should be written for the singlet rental.**

If you have any questions, please contact us via email at [deforestwrestling@gmail.com](mailto:deforestwrestling@gmail.com) or visit [www.deforestwrestling.com](http://www.deforestwrestling.com)

#### Disclaimers:

This is not a school-sponsored activity and the DeForest Area School District does not provide support or endorsement of this program/activity. It has neither reviewed nor approved the program, personnel, or activities announced in this brochure/flyer.

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### COVID-19

**The safety of our athletes, coaches, and volunteers is a top priority for the Gold Medal Wrestling Club. To have a safe and full season we are asking parents & guardians to keep your child home if they are sick. As a club we are implementing the following:**

- Athletes will be placed in groups of 3-4 based on weight. This will be their practice group of partners.
- Athletes should bring their own water bottle. Water fountains at the schools are turned off.
- Hand sanitizer will be readily available at practice and is encouraged to use before the start of practice and in between breaks.
- Only one parent or guardian will attend practice.
- We also ask that parents do not stay in the wrestling room during practice. We do understand that with the younger athletes (K-2) this may be more difficult for the athlete, but we encourage parents to try.

• You are welcome to stay at practice, but we ask that you sit in the cafeteria area if attending practice at the Middle School. If your athlete is attending practice at the High School, benches are available outside of the swim pool area.

**In addition to the above Gold Medal Wrestling Clubs asks that parents/guardians agree that they will not send their Athlete to practice/Gold Medal Wrestling Events if:**

- The Athlete is not able to attend school due to sickness or quarantine mandate.
- The Athlete tests positive for COVID-19, they must complete a 10 day isolation from the onset of symptoms or date of positive test.
- The Athlete is experiencing symptoms of COVID-19, including, but not limited to, cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell (athlete may return to practice with a negative PCR test), if athlete is not tested should complete a 10 day isolation from the start of symptoms.
- The Athlete has a household member that has been diagnosed with COVID-19, athlete should complete recommended quarantine and may return after 7 days of quarantine with a negative PCR test taken on day 6 or 7 of the last contact with family member (this may be after the family member's 10 day isolation period if unable to isolate from them in the home)
- The Athlete has been in close contact with an individual outside of their household that tested positive for COVID-19. Athlete should complete a 7 day quarantine and may return with a negative PCR test taken on day 6 or day 7 from the close contact date.

### Parents & Guardians also agree to:

- Wearing a mask as per current Dane County mandate. We suggest having your athlete put the mask on first then have them put their headgear on. This helps keep the mask in place.
- Contact Gold Medal Wrestling ([deforestwrestling@gmail.com](mailto:deforestwrestling@gmail.com)) if their Athlete tests positive for COVID-19, has been in close contact with a positive case or is experiencing symptoms.
- Only send Athlete back to practice if they are allowed to attend school.
- For vaccinated Athletes: they may return to practice after a close contact exposure without quarantine if they are not experiencing any symptoms. However it is still recommended to get tested 3-5 days after exposure.

**I understand that Gold Medal Wrestling Club, LTD. cannot be held liable for any exposure to the COVID-19 virus caused by misinformation on this form or the health history provided by each athlete.**

**By checking the box below, I agree to each statement above and release Gold Medal Wrestling Club, LTD and any and all participants in this program who can be proved to be truthful on this waiver from any and all liability for the unintentional exposure or harm due to COVID-19. These requirements are subject to change as Dane County Public Health puts out new guidelines.**

**I have read & understand the COVID-19 Protocols**

**I have read & understand the attached information regarding concussions.**

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# KNOW YOUR CONCUSSION ABCs

Assess the situation    Be alert for signs and symptoms    Contact a health care provider



## Wisconsin Fact Sheet for Parents

### What is a concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head and can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious.

Concussions can have a more serious effect on a young, developing brain and need to be addressed correctly.

### What are the signs and symptoms of a concussion?

You can't see a concussion. Signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in how your child or teen is acting or feeling, if symptoms are getting worse, or if s/he just "doesn't feel right." Most concussions occur without loss of consciousness.

If your child or teen reports **one or more** of the symptoms of concussion listed below, or if you notice the symptoms yourself, seek medical attention right away. Children and teens are among those at greatest risk for concussion.

### SIGNS AND SYMPTOMS OF A CONCUSSION

#### SIGNS OBSERVED BY PARENTS OR GURADIANS

- Appears dazed or stunned
- Is confused about events
- Answers questions slowly
- Repeats questions
- Can't recall events prior to the hit, bump, or fall
- Can't recall events after the hit, bump, or fall
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Forgets class schedule or assignments

#### SYMPTOMS REPORTED BY YOUR CHILD

##### Thinking/Remembering:

- Difficulty thinking clearly
- Difficulty concentrating or remembering
- Feeling more slowed down
- Feeling sluggish, hazy, foggy, or groggy

##### Physical:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Fatigue or feeling tired
- Blurry or double vision
- Sensitivity to light or noise
- Numbness or tingling
- Does not "feel right"

##### Emotional:

- Irritable
- Sad
- More emotional than usual
- Nervous

##### Sleep\*:

- Drowsy
- Sleeps less than usual
- Sleeps more than usual
- Has trouble falling asleep

\*Only ask about sleep symptoms if the injury occurred on a prior day.

Materials adapted from U.S. Dept of HHS Centers for Disease Control and Prevention



WISCONSIN DEPARTMENT OF  
PUBLIC INSTRUCTION



# DANGER SIGNS

Be alert for symptoms that worsen over time. Your child or teen should be seen in an emergency department right away if s/he has:

- One pupil (the black part in the middle of the eye) larger than the other
- Difficult to arouse
- Severe headache or worsening headache
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness, or agitation
- Unusual behavior
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

Children and teens with a suspected concussion should NEVER return to sports or recreation activities on the same day the injury occurred. They should delay returning to their activities until a health care provider experienced in evaluating for concussion says they are symptom-free and provide written clearance to return to activity. This means, until permitted, not returning to:

- Physical Education (PE) class,
- Sports conditioning, weight lifting, practices and games, or
- Physical activity at recess.

## What should I do if my child or teen has a concussion?

1. Seek medical attention right away. A health care provider experienced in evaluating for concussions can direct concussion management and review when it is safe for your child to return to normal activities, including school (concentration and learning) and physical activity. If your child or teen has been removed from a youth athletic activity because of a suspected or confirmed concussion or head injury, they may not participate again until he/she is evaluated by a health care provider and receives written clearance to participate in the activity from the health care provider.
2. Help them take time to get better. If your child or teen has a concussion, her or his brain needs time to heal. Your child or teen should limit activities while he/she is recovering from a concussion. Exercising or activities that involve a lot of concentration, such as studying, using a computer, texting, or playing video games may worsen or prolong concussion symptoms (such as headache or tiredness). Rest will help your child recover more quickly. Your child may become upset that he/she cannot participate in activities.

3. Together with your child or teen, learn more about concussions. Talk about the potential long-term effects of concussion and the problems caused by returning too soon to daily activities to quickly (especially physical activity and learning/concentration).

## How can I help my child return to school safely after a concussion?

Help your child or teen get needed support when returning to school after a concussion. Talk with your child's school administrators, teachers, school nurse, coach, and counselor about your child's concussion and symptoms. Your child may feel frustrated, sad, and even angry because he/she cannot keep up with schoolwork and learn as well after a concussion. Your child may also feel isolated from peers and social networks. Talk often with your child about these issues and offer your support and encouragement. As your child's symptoms decrease, the extra help or support can be removed gradually. Children and teens who return to school after a concussion may need to:

- Take rest breaks as needed,
- Spend fewer hours at school,
- Be given more time to take tests or complete assignments,
- Receive help with schoolwork, and/or
- Reduce time spent reading, writing, or on the computer.

To download this fact sheet in Spanish, please visit: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion). Para obtener una copia electrónica de esta hoja de información en español, por favor visite: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion).

To learn more about concussions go to:

[www.cdc.gov/Concussion](http://www.cdc.gov/Concussion); [www.wiaawi.org](http://www.wiaawi.org); [www.nfhs.org](http://www.nfhs.org)

