INDIVIDUAL DANCE CLINIC
July 14, 2013
9:00am-5:00pm
PRICE: $85

Skills to be worked on:

- Turns
- Leaps
- Pom Technique
- Jazz Technique
- Hip Hop Dance
- Lifts
- Conditioning tips

You will learn a routine that combines jazz and hip hop, along with a band chant using pom technique. There will be a showcase at the end of the day for friends and family.

The clinic will be held at Jenison Field House (223 Kalamazoo St. East Lansing, MI 48824) on the 1st floor in the track area. Please wear black shorts or capris, fitted tee/tank and have hair pulled off face, also bring both tennis shoes and dance shoes. If you have any questions please feel free to email msuspirit@ath.msu.edu.
REGISTRATION FORM FOR Michigan State Dance Clinic

Please email msuspirit@ath.msu.edu to reserve a spot, then send in the registration form, medical waiver, copy of insurance card, and signed concussion information form.

Participant’s Information

First Name___________________________ Last Name______________________________
Age_______ Years involved in Dance______ School    Studio    BOTH
T-Shirt Size:   YL    SM    MD    LG    XL    Gender: ______
Request of Other Participant(s) to be in group with you___________________________
________________________________________________________________________
Allergies or Medications______________________________________________________
_____________________________________________________________________________

Parent Information

First Name___________________________ Last Name__________________________
Email Address_______________________________________________________________
Phone #________________________________Alt Phone #__________________________

EMERGENCY CONTACT & INFORMATION

Contact Name____ ____________________________________________________________
Location of Contact Day of Clinic_______________________________________________
Phone # Day of Clinic ________________________________________________________
Insurance Company __________________________________________________________
Insurance policy number _____________________________________________________

(make sure to send in a copy of insurance card)
MICHIGAN STATE UNIVERSITY
WAIVER OF LIABILITY FOR INTERCOLLEGIATE ATHLETIC CLINIC

1. ___________________________________________ (name of participant) will be participating in a clinic with the MSU Dance Team sponsored by Michigan State University Athletic Department. He/She presently has no injuries or illnesses that might prevent him/her from participating in the clinic. I understand that it is my responsibility to prove to the Athletic Training Department that my son/daughter is fit and able to participate prior to beginning the clinic. I also understand that if an injury has occurred to my son/daughter since his/her previous physical, the physicians at MSU may request further information regarding this particular injury or illness in order to determine whether or not he/she is fit for participation.

Parent/Guardian Signature ___________________________________________ Date_________________

2. I ________________________________ understand that physical activity may cause injuries to occur to my son/daughter as a result of their participation in the clinic.

Parent/Guardian Signature ___________________________________________ Date_________________

3. I do / don’t (circle which) have current medical insurance that will cover any costs incurred due to injury to my son/daughter sustained during the clinic.

Parent/Guardian Signature ___________________________________________ Date_________________

Reviewed by staff athletic trainer.

Signature ___________________________________________ Date_________________
PARENT & ATHLETE CONCUSSION INFORMATION SHEET

WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury. The athlete should only return to play with permission from a health care professional experienced in evaluating for concussion.

SYMPTOMS REPORTED BY ATHLETE:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

SIGNS OBSERVED BY COACHING STAFF:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall

DID YOU KNOW?

- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

“It’s better to miss one game than the whole season”

Rick Snyder, Governor
James K. Haveman, Director
CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

1. If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

2. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, and playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

3. Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete’s brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

STUDENT-ATHLETE NAME PRINTED

STUDENT-ATHLETE NAME SIGNED

DATE

PARENT OR GUARDIAN NAME PRINTED

PARENT OR GUARDIAN NAME SIGNED

DATE

Content Source: CDC’s Heads Up Program. Created through a grant to the CDC Foundation from the National Operating Committee on Standards for Athletic Equipment (NOCSAE).
SCHEDULE (subject to change)

9:00am-9:15am  REGISTRATION
9:15am-9:45am  Warm-up and stretching
9:45am-10:30am GROUP A-Turns/Leaps
               GROUP B-Motions/Pom
               GROUP C-Lifts
               GROUP D-Pom Technique/Choreo
               GROUP E-Jazz Technique/Choreo
               GROUP F-Hip Hop/Choreo
10:30am-11:15am ROTATE GROUPS
11:15am-12:00pm ROTATE GROUPS
12:00pm-1:00pm  LUNCH
1:00pm-1:45pm  ROTATE GROUPS
1:45pm-2:30pm  ROTATE GROUPS
2:30pm-3:15pm  ROTATE GROUPS
3:15pm-4:15pm  WORK ON SHOWCASE ROUTINE
4:15pm-5:00pm  SHOWCASE for Friends and Family