Tom Anastos Hockey Camp

Ages 9 - entering senior year of High School

Coach Tom Anastos and his staff along with former and present Spartan players provide instruction. For more information about the coaches and our program visit www.msuspartans.com or twitter @coachnewtonMSU and @TomAnastos.

Registration: Park at Spartan Stadium Lot 79 south off Shaw Lane and proceed to Gate C.

Check-in: 2:00 - 3:00 p.m.
5:30 p.m. Welcome Meeting

Check-out: 3:15 p.m. - 5:30 p.m. (Thursday) depending on final All-star game

Camp fees:
Resident Camp (includes all meals) $710.00
Commuter Camp (includes lunch and dinner only) $525.00

This Summer We Train Like Spartans!

CAMP FEATURES
Camp check-in will be held at Spartan Stadium - Gate C.
Camp will be held at Munn Ice Arena

- 12 On-Ice Sessions
- Individual skating video analysis
- Separate goalie program
- Jersey
- 1 hour of scrimmage daily
- Individual evaluation form at end of camp

Sport Specific Equipment To Bring To Camp
Complete Ice Hockey Uniform & Stick

www.sportcamps.msu.edu
@coachnewtonMSU and @TomAnastos
CAMP INFORMATION

Refund Policy
Campers unable to attend camp are entitled to a refund. A $55 administrative fee (only $30 if you enrolled online) will be deducted from all refunds, regardless of the reason. Refund requests must be submitted in writing PRIOR to the first day of the camp session in which the camper was originally enrolled. No refunds for any reason (i.e. injury, illness) will be given once a camper is on campus.

Check-In/Check-Out
Time and location of check-in/check-out will be printed on your receipt and sent to you at time of payment.

Medical Policy
Each participant should have his or her own medical insurance. A student trainer will always be available. Participants are automatically enrolled in MSU’s accident insurance plan. Eligible covered expenses will be paid only if they are in excess of other valid and collectible insurance. No physicals are required.

Meals
Breakfast 7:00 a.m. – 8:30 a.m.
Lunch 11:30 a.m. – 1:30 p.m.
Dinner 4:00 p.m. – 6:30 p.m.

REGISTRATION INFORMATION

Register online at www.sportcamps.msu.edu or complete the attached application. Full payment by either check, MasterCard, VISA, Discover or American Express must accompany the application. Make checks payable to Michigan State University. No applications will be accepted before February 1st. You will receive confirmation for receipt of enrollment by mail within 12-15 business days.

MSU Sport Camp Policy
Persons enrolled in MSU Sport Camps will be required to attend all sessions and to comply with the rules and regulations of Michigan State University governing the conduct of all students on the campus.

CONTACT INFORMATION

Sports specific questions contact:
517-355-1639
General, Registration and Roommate questions:
www.sportcamps.msu.edu

2016 DATES
June 19-23
June 26-30
July 10-14
July 17-21

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HOCKEY
The Hockey Camp Application
REGISTER AT WWW.SPORTCAMPS.MSU.EDU
PLEASE PRINT INFORMATION BELOW OR ENROLL ONLINE

Name
Address
City       State       Zip
Parent or Guardian
Daytime Telephone
Evening Telephone
E-mail

Grade in September: ______________________ Age:___________________
Sex: ____ Date of Birth: ___________ Ht: ______ Wt: ___________
Skater _____ Goalie _____

In case of emergency please contact:
Name
Daytime Telephone
Evening Telephone

Jersey Size: [] Youth [] Adult
[] Small [] Medium [] Large [] X-Large [] XX-Large

Please enroll me in the following Hockey camp:
Camp Date Resident Commuter
CAMPS (four weeks of the same program):
Week I June 19-23 [] $710.00 [] $525.00
Week II June 26-30 [] $710.00 [] $525.00
Week III July 10-14 [] $710.00 [] $525.00
Week IV July 17-21 [] $710.00 [] $525.00

U.S. FUNDS ONLY.
Please make checks payable to MICHIGAN STATE UNIVERSITY

Check one:
[] Check [] Mastercard [] VISA [] Discover [] American Express

Card Number
3 digit security code Exp. Date

Signature

Amount of Check/Charge enclosed

Medical Treatment Authorization Form

Participant’s Name DOB / / 
What Sport: Hockey
Date of Camp:

Participants are automatically enrolled in MSU’s accident insurance plan. Eligible covered expenses will be paid only if they are in excess of other valid and collectible insurance.

1. List any medical conditions that camp personnel should be aware of (use additional pages if necessary):

2. List any medications currently taking:

3. List any allergies:

In case of emergency please contact:
Name

In case of emergency please contact:
Name

Insurance Information:

Name of Medical Insurance Company Insurance Company Telephone

Name of Insurance Policy Holder Policy Holder DOB

Medical Insurance Policy Number Medical Insurance Group# (if appl)

____________________, as parent or legal guardian of the participant named above, authorizes MSU to seek medical and/or surgical treatment which is reasonably necessary to care for the participant. I further authorize the medical facility that treats the participant to release all information needed to complete insurance claims. I acknowledge my responsibility to pay all costs associated with the participant’s medical care and authorize all insurance payments, if any, to be made directly to the medical facility.

Signature (Parent or Guardian) Date

Send Application and Medical Treatment Form with payment in full to:

MICHIGAN STATE UNIVERSITY
Sports Camp Office
535 Chestnut Rd, W239
Spartan Way, East Lansing, MI 48824
Fax: 517-355-6891
**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

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**“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).