MICHIGAN STATE FOOTBALL CAMPS
2018 SUMMER

TAKE THE NEXT STEP!
THE 2018 MICHIGAN STATE FOOTBALL SUMMER CAMPS ARE DESIGNED TO GIVE EACH INDIVIDUAL CAMPER THE BASIC FOOTBALL FUNDAMENTALS THAT WILL ALLOW THEM TO EXCEL AT THEIR SPECIFIC POSITION. CAMPERS WILL HAVE THE OPPORTUNITY TO BE COACHED BY A COACHING STAFF WITH 3 BIG TEN CHAMPIONSHIPS, 5 BOWL GAME VICTORIES AND 6 TEN WIN SEASONS UNDER THEIR BELT. CURRENT MICHIGAN STATE FOOTBALL PLAYERS WILL SERVE AS CAMP COUNSELORS AND TEACH CAMPERS THE SPARTAN WAY!

OL/DL BIG MAN CAMP
THURSDAY, JUNE 14TH, 2018
- ENTERING GRADES 9-12
- SPECIFIC TO OFFENSIVE AND DEFENSIVE LINEMEN
- REGISTRATION/CAMP LOCATION: SKANDALARIS FOOTBALL CENTER
- REGISTRATION TIME: 9:00-10:00 AM
- CAMP TIME: 10:00-2:45 PM
- COST: $90 PER CAMPER

7-ON-7 TEAM PASSING CAMP
THURSDAY, JUNE 14TH, 2018
- SPECIFIC TO HIGH SCHOOL 7-ON-7 TEAMS
- REGISTRATION/CAMP LOCATION: SKANDALARIS FOOTBALL CENTER
- REGISTRATION TIME: 9:00-10:00 AM
- CAMP TIME: 10:00-4:00 PM
- COST: $330 PER TEAM

YOUTH CAMP
MONDAY, JUNE 18TH AND TUESDAY, JUNE 19TH, 2018
- THIS IS A TWO DAY COMMUTER CAMP - NO HOUSING PROVIDED
- WELCOME TO ALL YOUTH ENTERING GRADES 3 - 8
- REGISTRATION/CAMP LOCATION: SKANDALARIS FOOTBALL CENTER
- REGISTRATION TIME: 8:00-9:00 AM
- CAMP TIME: 9:00-5:30 PM
- COST: $200 PER TWO DAY CAMPER
- $100 PER ONE DAY CAMPER

KICKING CAMP
THURSDAY, JUNE 21ST, 2018
- ENTERING GRADES 9-12
- SPECIFIC TO KICKERS, PUNTERS, AND LONG-SNAPPERS
- REGISTRATION/CAMP LOCATION: SKANDALARIS FOOTBALL CENTER
- REGISTRATION TIME: 12:00-1:00 PM
- CAMP TIME: 1:00-3:45PM
- COST: $100 PER CAMPER

HIGH SCHOOL ONE-DAY CAMP
WEDNESDAY, JUNE 20TH, 2018
- ENTERING GRADES 9-12
- ALL POSITIONS EXCEPT KICKERS, PUNTERS, AND LONG-SNAPPERS
- REGISTRATION/CAMP LOCATION: SKANDALARIS FOOTBALL CENTER
- REGISTRATION TIME: 12:00-1:00 PM
- CAMP TIME: 1:00-5:00PM
- COST: $100 PER CAMPER

RISING STARS CAMP
THURSDAY, JUNE 21ST, 2018
- ALL POSITIONS EXCEPT KICKERS, PUNTERS, AND LONG-SNAPPERS
- TARGETED TOWARDS UP AND COMING 9TH AND 10TH GRADERS
- REGISTRATION/CAMP LOCATION: SKANDALARIS FOOTBALL CENTER
- REGISTRATION TIME: 8:00-9:00 AM
- CAMP TIME: 9:00-12:00 PM
- COST: $75 PER CAMPER
**CAMP INFORMATION**

**FACILITIES**
All camps will take place at the Skandalaris Football Center, located at 771 Chestnut Road, East Lansing, MI 48824. The nearest parking to the Skandalaris Football Center is paid parking located at Lot 79 on the south side of Spartan Stadium (across the street from the Skandalaris Football Center) and parking ramp 7 located on Harrison road.

**REFUND POLICY**
Campers who have signed up and paid for camp but are unable to attend are entitled to a refund. A $55 administrative fee will be deducted from all refunds being paid by check ($30 if you are paying by credit card) 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 the day of the camp. For more information on the camp refund policy please contact the Michigan State University Sports Camps Office at msucamps@msu.edu.

**DRESS AND EQUIPMENT**
Each camper should come to camp registration in athletic clothing and tennis shoes (campers must wear tennis shoes in order to navigate the Skandalaris Football Center and some camps will involve instruction in the Weight Room in which campers will not be allowed to enter wearing cleats or flip-flops). Please follow the below guidelines for what equipment campers should bring with them to each camp.

- OL/DL Big Man Camp, 7-on-7 Team Passing Camp, High School One Day Camp, Rising Stars Camp
  - Football Helmet
  - Mouthpiece
  - Football Cleats

- Youth Camp
  - Football Cleats (Optional)

- Kicking Camp
  - Kicking Cleats
  - Kicking Tees for those who have them

**MEDICAL POLICY**
Each camper should have his or her own medical insurance. Certified athletic trainers will be on site. Campers are automatically enrolled in Michigan State University’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.

**REGISTRATION INFORMATION**
Registration is available online at www.sports camps.msu.edu or by completing the application/medical form/concussion forms located on this brochure. Full payment by way of check, MasterCard, VISA or Discover must accompany the application at the time of registration. It is NOT possible to register online without paying at that time. Please make checks payable to Michigan State University. No applications will be accepted prior to February 1, 2018. You will receive confirmation for receipt of enrollment by mail within 12-15 business days.

**WALK-UP REGISTRATION POLICY**
Walk-up Registration (registering and making payment during the specified registration time at the Skandalaris Football Center on the day of camp) will be accepted based on space available on a first come, first served basis.

**MSU SPORT CAMP POLICY**
Persons enrolled in MSU Sport Camps will be required to comply with the rules and regulations of Michigan State University governing the conduct of all students on campus.

**ALL FOOTBALL CAMPS ARE OPEN TO ANY AND ALL ENTRANTS**

**CONTACT INFORMATION**

SPORT SPECIFIC QUESTIONS: (517) 355-1647
APPLICATIONS CAN BE FAXED TO THE MICHIGAN STATE SPORTS CAMPS OFFICE
FAX: (517) 355-6891
2018 MICHIGAN STATE FOOTBALL SUMMER CAMP APPLICATION

REGISTRATION AVAILABLE AT: WWW.SPORTSCAMPS.MSU.EDU
OR PLEASE PRINT INFORMATION BELOW AND MAIL TO THE ADDRESS
AT THE BOTTOM OF THE MEDICAL TREATMENT AUTHORIZATION FORM

Camper Name

Address

City                             State                             ZIP

Parent or Guardian Name

Parent or Guardian Telephone

Grade in September 2018

Camper Age at Start of Camp

Date of Birth

Height

Weight

High School

Middle School

Elementary School

Circle Adult t-shirt size:  S  M  L  XL  XXL  XXXL
(T-SHIRTS ARE NOT PROVIDED FOR KICKING CAMP PARTICIPANTS)

Circle preferred position (IF YOU PLAY MORE THAN ONE POSITION, PLEASE PICK THE ONE THAT YOU WOULD MOST LIKE TO WORK WITH THROUGHOUT THE CAMP):  DB  LB  DL  OL  QB  WR  RB  TE

Circle preferred position (FOR KICKING CAMP ONLY):  K  P  LS
(INSTRUCTION AT THESE POSITIONS WILL NOT BE PROVIDED AT ANY MSU SUMMER FOOTBALL CAMPS OTHER THAN THE KICKING CAMP)

Please enroll me in the following Football Camp:
(Clearly mark an “X” in the box to the left of the camp you wish to enroll)

<table>
<thead>
<tr>
<th>Camp</th>
<th>Date</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>OL/DL Big Man Camp</td>
<td>June 14</td>
<td>$90.00</td>
</tr>
<tr>
<td>7 on 7 Team Passing Camp</td>
<td>June 14</td>
<td>$330.00</td>
</tr>
<tr>
<td>Youth Camp (Both Days)</td>
<td>June 18-19</td>
<td>$200.00</td>
</tr>
<tr>
<td>Youth Camp (Single Session - Day 1)</td>
<td>June 18</td>
<td>$100.00</td>
</tr>
<tr>
<td>Youth Camp (Single Session - Day 2)</td>
<td>June 19</td>
<td>$100.00</td>
</tr>
<tr>
<td>High School One Day Camp</td>
<td>June 20</td>
<td>$100.00</td>
</tr>
<tr>
<td>Rising Stars High School Camp (9th and 10th Graders)</td>
<td>June 21</td>
<td>$75.00</td>
</tr>
<tr>
<td>Kicking Camp</td>
<td>June 21</td>
<td>$100.00</td>
</tr>
</tbody>
</table>

REMEMBER: ALL MICHIGAN STATE FOOTBALL CAMPS ARE ONE DAY COMMUTER CAMPS

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

Check one:  ☐ Check  ☐ Mastercard  ☐ Visa  ☐ Discover  ☐ American Express

Card Number

Exp. Date  3 digit security code

Amount of Check/Charge enclosed

Signature
MEDICAL TREATMENT AUTHORIZATION FORM

Participant's Name: ___________________________ Date of Birth: ____________

FOOTBALL

What Sport

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 an emergency please contact:

Name

Daytime Telephone: ____________________________ Evening Telephone: ____________________________

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, Medical Treatment Form, and Concussion form with payment in full to:

MICHIGAN STATE UNIVERSITY: SPORTS CAMPS, 535 CHESTNUT ROAD, ROOM 239
EAST LANSING, MI 48824-1025 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.

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.

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

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

JOIN THE CONVERSATION ➡️ www.facebook.com/CDCHeadsUp

TO LEARN MORE GO TO >> WWW.CDC.GOV/CONCUSSION

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).