

## **Heads Up: Concussion in Youth Sports**

*It's Better to Miss One Game Than the Whole Season*

To help ensure the health and safety of young athletes, CDC developed the Heads Up: Concussion in Youth Sports initiative to offer information about concussions to coaches, parents, and athletes involved in youth sports. The Heads Up initiative provides important information on preventing, recognizing, and responding to a concussion.

We at Northside Christian School would like to ensure the safety of each child in our school & athletic program. Please sign below, detach the parent/student athlete sheet for your information and send this sheet back to school with your child, so we can have a record that you have received this vital information.

Dated: \_\_\_\_\_

Student Athlete: \_\_\_\_\_

Dated: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Thanks for your time in this matter,

Coach Starks  
Athletic Director / Head Boys Basketball

For more information, visit:  
<http://www.cdc.gov/concussion/HeadsUp/youth.html>  
[www.ncswarriors.com](http://www.ncswarriors.com)