



# Player & Parent Informational Volleyball Club Packet

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**2024-2025  
Season**



**YOUR LEGACY  
STARTS NOW**

[www.LegacyCenterMichigan.com](http://www.LegacyCenterMichigan.com)

# WELCOME



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The purpose of this package is to provide L2 Volleyball players and families vital information of our club policies, schedules, team information, expectations, financial agreement and league/team guidelines.

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# MISSION STATEMENT & THE LEGACY VISION

## OUR MISSION

The Legacy Center seeks to provide athletes of all levels the opportunity to experience world class products, services, and facilities that enhance each athlete's training experience while enabling each athlete to fulfill their goals and providing opportunities to further their athletic objectives.

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## OUR VISION

L2 Volleyball is dedicated to providing elite-level instruction and training to our athletes, offering unparalleled opportunities for them to excel at the next level of their choice. Our coaches are committed to delivering personalized instruction, training, and education in volleyball techniques, strategies, and skills. Each coach serves as a role model, exemplifying success and passion for the game.

We believe that instruction and training are just part of what L2 Volleyball offers. Our club focuses on creating a fun, competitive atmosphere where athletes develop a strong work ethic and valuable life lessons that extend beyond the Legacy Center. We emphasize positive coaching, sportsmanship, and leadership skills. L2 Volleyball is committed to helping athletes reach their fullest potential.



## PLAYER EXPECTATIONS

L2 Volleyball is designed for athletes who are serious about volleyball. Our training tournament schedule are crafted to prepare each athlete for their future volleyball careers. L2 Volleyball athletes are dedicated to reaching their full potential by participating in all training sessions, practices, games, and tournaments.

L2 Volleyball is committed to fostering respect, commitment, and leadership in each of our athletes. It is crucial for every player to understand that they are part of a team and are expected to conduct themselves appropriately at all times. As representatives of our organization and their families, athletes must always show respect to coaches, teammates, opponents, officials, and their families.

While competitiveness is encouraged, it must never be accompanied by disrespect toward anyone. There is zero tolerance for any disrespect from parents or players toward coaches, teammates, opponents, officials, or their families.

# PLAYER POLICIES AND CONDUCT

## ATTENDANCE:

It is the athlete's responsibility to notify their coach of any scheduled events they will miss. Players must inform their coach of their absence at least 24 hours before any scheduled practice, except in the case of illness or emergency. If an athlete's schedule has many conflicts, they should reconsider their dedication to the team and organization to ensure it benefits their volleyball career. L2 Volleyball seeks players who are truly committed to advancing their careers. If a coach does not excuse a player's absence, the player is required to attend. If the player fails to attend, causing their team to forfeit, the player and their family may be responsible for any resulting fines or fees.

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## ARRIVING ON TIME:

Players are required to be prepared for practices and games before the scheduled start time. Players should be ready to participate at the designated start time; simply arriving by that time is not sufficient. This typically means arriving about 60 minutes before the start of a game.

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## PLAYER'S ACTIONS:

Players represent the Legacy Center and their families at all times. They shall not use profanity or derogatory language during practices or games. Players must show respect to officials and accept responsibility for any fouls, errors, or penalties issued against them. They should also show respect towards their teammates and opponents. During competitions, athletes will not ridicule teammates for mistakes or losing, nor will they taunt opponents before, during, or after games. As members of L2 Volleyball, athletes are also expected to be respectful to teammates and opponents on social media.

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## SAFETY:

Players or their parents shall inform their coaching staff of any physical disability or ailment that may affect their own safety or the safety of others. Players are not allowed to leave and return tournaments unless driven by an adult.

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## PRACTICES/GAMES/TOURNAMENTS:

The coaching staff will determine the schedule of practices/games/tournaments, this may change during the season.

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## PLAYTIME:

Playtime during tournaments and games is decided by the coaching staff. Athletes are not guaranteed playtime.

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## ZERO TOLERANCE:

The L2 Volleyball has a zero tolerance policy when a player is caught possessing or using tobacco, drugs, or alcohol during any organization event. When traveling, players must adhere to curfew guidelines. Any violation of team rules may result in suspension or exclusion at the discretion of the coaching staff and directors.

# PARENT/GUARDIAN/GUEST EXPECTATIONS

Parents/guardians/guests are expected to display appropriate behavior for their children and other players and parents, while being supportive of them and the team and organization.

Parents/guardians/guests are also expected to show respect to players, coaches, other parents, other teams and clubs, and officials. There will be zero tolerance for any disrespect by parents/guardians/guests. The organization may decide to remove from the venue parents/guardians/guests if they violate our zero tolerance policy.

## PARENT/GUARDIAN/GUEST POLICIES AND CONDUCT

It is the responsibility of the parents/guardians/guests to understand and agree to the attendance policy under the player guidelines. All parents/guardians/guests are expected to conduct themselves in a positive fashion at all L2 Volleyball events. Parents/guardians/guests should treat all players, parents, and officials with respect, while being positive role models for the athletes. Parents/guardians/guests should refrain from coaching the athletes unless specifically asked by the coaching staff to do so. Parents/guardians/guests are not permitted to be on the field, court, or any other playing surface while competition is occurring unless asked to do so by the coaching staff. Parents/guardians/guests that violate these rules may be asked to leave or be banned from future Legacy Center Volleyball events.

Parents/Guardians/Guests are responsible for providing transportation to and from all L2 Volleyball events, including practices, games, and tournaments. Parents/Guardians/Guests are to be supportive of the entire team at all times. They are encouraged to cheer for our teams as long as their behavior does not negatively affect the Volleyball Organization and the Legacy Center Sports Complex.

### Dispute Policy:

If a parent has a dispute over a coaching decision, they must wait 24 hours before speaking to the coach. If these rules are broken by any parent/guardian/guest, the player may be penalized. A parent will refrain from questioning, discussing, or confronting any members of the coaching staff at the field, court, or other competition area. Parents must meet coaches to discuss any disputes at an agreed upon time and place. If the problem concerns playtime or player discipline, the PLAYER must approach the coach first. At no point will other players be discussed. If a parent still has a concern or problem, they can ask for a meeting with the organization's director that will include the coach, player, and parent.

The organization's director has final say on all disputes. We, at the Legacy Center, will help to make sure that the player understands the coach's thinking and communicates ways for them to improve and earn more playtime. Please email the coach and organization director that you would like to meet and briefly list your concerns ahead of time in order for the meeting to be productive.

Once an athlete is committed to the L2 Volleyball, they will not tryout or play for another team until the end of their season unless granted release by a L2 Administrator. At the discretion of the Legacy Center and the L2 Volleyball, failure to comply with these rules shall result in discipline, suspension, and/or removal from the team.

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_

Participant's Name \_\_\_\_\_ Age \_\_\_\_\_  
(Please print legibly.)

Parent/Guardian's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian's Name \_\_\_\_\_  
(Please print legibly.)

# FINANCIAL AGREEMENT AND REFUND POLICY

## FINANCIAL AGREEMENT

All payments should be made to Legacy Center on or before applicable due dates. There must be a non-refundable payment to reserve the athlete's spot on the team they were selected for. The remainder of the payment will be due in equal installments according to the schedule generated by the L2 Volleyball or in one lump sum payment prior to the start of the season. Please make sure that all payments are made on time. Any payment not received on the due date or rejected due to incorrect information or insufficient funds will be subject to a service charge of \$35.00. If the payment is not received, the athlete may no longer be allowed to attend practices, and/or games until the payment is received or other arrangements have been made. The payment is due in totality, regardless if the player becomes injured or decides to discontinue playing for the L2 Volleyball before the end of the season. The payment covers both the organization's fees and team fees, including administrative fees, coaching fees, tournament registrations and umpire fees.

Legacy Center, LLC follows a 30 days, 60 days and 90 days collection policy. If payment is not paid in full after the 90 day period, Legacy Center reserves the right to any and all legal remedies in accordance with applicable state and local laws.

Legacy Center, LLC requires an annual mandatory Facility Fee at time of registration for all Club athletes [Individual Athletes: \$30.00 | Family: \$50.00].

I/We have read, completely understand, and agree to the terms and conditions outlined above regarding payments to the Legacy Center for the L2 Volleyball. If you are in need of financial assistance, please contact the coach or the soccer director for limited scholarship program opportunities.

Participant's Signature

Date

Participant's Name  
(Please print legibly.)

Age



## PAYMENT POLICIES

Following a payment of a non-refundable deposit to secure your player's spot on their team, the remainder of your tuition will be due and payable to Legacy Center, either in a full payment or equal installments, according to the following schedule:

### Full Year Terms

Starting:  
November

Ending:  
April

## REFUND POLICY

The L2 Volleyball director has sole and absolute discretion as to whether organization fees will be refunded or reimbursed under any circumstances. In the case of injury due to or related to L2 Volleyball Organization events, including practices, games, and tournaments under normal circumstances, a partial or full refund may be given at the discretion of the organization's director. Refunds generally will not be given due solely to injuries or illness outside of Volleyball Organization events. If a player is pulled from the team by personal or parental choice, a refund will not be given and payment will be expected in full. The initial deposit fee is non-refundable irrespective of the circumstances.



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## ASSUMPTION OF RISK AND RELEASE FROM LIABILITY AGREEMENT

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THIS IS A LEGAL DOCUMENT. By signing it, you are limiting your ability to recover from Legacy Center, LLC, Legacy Center Volleyball and its affiliates any damages you sustain while at Legacy Center or its affiliate locations. If you have any questions about the legal consequences of this document, please obtain advice from your legal counsel prior to signing. This document must be signed before you participate in any activity at Legacy Center or its affiliate locations or partners. You agree not to sue Legacy Center, LLC, its affiliates or partners for any claims you may have.

In consideration for permitting Participant to participate at Legacy Center, LLC, its affiliates or partners as either a participant, volunteer, spectator, coach, assistant coach, manager, or any role that requires participation at the Legacy Center facility or its affiliate or partners facilities, the undersigned, for themselves, and for their respective heirs, personal representatives and assigns, agree as follows:

**I HEREBY ASSUME ALL OF THE RISKS OF PARTICIPATING IN ANY/ ALL ACTIVITIES ASSOCIATED WITH THIS EVENT**, including by way of example and not limitation, any risks that may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained, or controlled by them, or because of their possible liability without fault.

I certify that I am physically fit, have sufficiently prepared or trained for participation in this activity, and have not been advised to not participate by a qualified medical professional. I certify that there are no problems which preclude my participation in this activity.

I acknowledge that upon any concussion or head trauma related symptoms or injuries, or if any member at Legacy Center, LLC has reason to believe you have sustained a concussion or head injury,

**PLEASE  
READ  
CAREFULLY**

Legacy's concussion protocol and waive and release any liability in the treatment and care for a possible head injury, including, but not limited to, contacting 911 emergency ambulatory services, application of a head and/or spine brace, removal from any athletic related activity immediately and the authority to communicate with your emergency contact to transport you to a hospital or medical facility for further evaluation and/or treatment.

I acknowledge that this Assumption of Risk and Release of Liability Agreement will be used by Legacy Center, LLC, its affiliates, partners, the event holders, sponsors, and organizers of the activity in which I may participate, and that it will govern my actions and responsibilities at said activity.

**(A) I WAIVE, RELEASE, AND DISCHARGE** from any and all liability, including but not limited to, liability arising from the negligence or fault of the entities or persons released, for my death, disability, personal injury, property damage, property theft, or actions of any kind which may hereafter occur to me including my traveling to and from this activity, **THE FOLLOWING ENTITIES OR PERSONS:** Legacy Center, LLC, its affiliate locations, partners, and/or their directors, officers, employees, volunteers, representatives, and agents, and the activity holders, sponsors, and volunteers;

**(B) INDEMNIFY, HOLD HARMLESS, AND PROMISE NOT TO SUE** the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this activity, whether caused by the

negligence of release or otherwise.

I acknowledge that Legacy Center, LLC, its affiliate locations, partners and their directors, officers, volunteers, representatives, and agents are NOT responsible for the errors, omissions, acts, or failures to act of any party or entity conducting a specific activity on their behalf.

I acknowledge that this activity may involve a test of a person's physical and mental limits and carries with it the potential for death, serious injury, and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of participants, equipment, vehicular traffic, lack of hydration, and actions of other people including, but not limited to, participants, volunteers, monitors, and/or producers of the activity. These risks are not only inherent to participants, but are also present for volunteers, coaches, managers, spectators, or any role that requires participation at Legacy Center, or its affiliate locations or partners.

Participant agrees to give up their right to a trial by a court or a jury. Any dispute or claim between participant and Legacy Center, LLC, its affiliates or partners, including those arising out of or related to this Agreement, the interpretation of this Agreement, or any damages, shall be settled by binding arbitration in accordance with the Rules of the American Arbitration Association. The arbitrator's award shall be final and binding upon the parties, and judgment upon the award may be entered by any court of competent jurisdiction. The place of arbitration shall be the county or jurisdiction where Legacy Center, its affiliates or partners are located.

Legacy Center, LLC, its affiliate locations and partners shall not be liable for the loss or theft of, or damage to, the personal property of any participant, member, guest, volunteer, coach, manager, spectator, or any person on the premises of Legacy Center, its affiliate locations, or partners.

I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident, and/or illness during this activity.

I understand while participating in this activity, I may be photographed. I agree to allow my photo, video, or film likeness to be used for any legitimate purpose by the activity holders, producers, sponsors, organizers, and assigns.

**NOVEL CORONAVIRUS (COVID-19)**

Legacy Center has and will continue to abide by all Federal, State and Local mandates related to the Novel Coronavirus (COVID 19). By entering our facility, you are assuming any and all risks of contracting the Novel Coronavirus (COVID 19) and the risks associated with the virus, including being quarantined, hospitalization and resulting illness or death. Legacy Center, LLC, its partners and affiliates and the volleyball program will be waived of any and all liability, medical costs, and any associated causation resulting from you contracting the virus and passing it along to other people. You will be required to inform Legacy Center or the volleyball program administrator if you test positive for the virus immediately or show signs of symptoms so Legacy Center can take all necessary measures to prevent the spread of the virus to other customers, staff and guests.

The Assumption of Risk and Release of Liability Agreement shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

**I CERTIFY THAT I HAVE READ THIS DOCUMENT AND I FULLY UNDERSTAND ITS CONTENT. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT AND I SIGN IT OF MY OWN FREE WILL.**

\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Participant's Name  
(Please print legibly.)

\_\_\_\_\_  
Age

\_\_\_\_\_  
Parent/Guardian Signature  
(If under 18 years old, Parent or Guardian must also sign.)

\_\_\_\_\_  
Date

# ANTI-BULLYING POLICY

## Legacy Center, LLC Anti-Bullying Policy

The Legacy Center, LLC and its affiliated sports organizations recognize that a sports team and facility that is physically and emotionally safe and secure for all athletes promotes good citizenship, increases athlete attendance and engagement, and supports athletic achievement. To protect the rights of all athletes and teams for a safe and secure learning environment, the Legacy Center, LLC prohibits acts of bullying, harassment, and other forms of aggression and violence. Bullying or harassment, like other forms of aggressive and violent behaviors, interferes with both the Legacy Center's ability to educate and train its athletes and an athlete's ability to learn and progress in athletics. All of Legacy Center's administrators, staff, coaches, directors, parents, volunteers and athletes are expected to refuse to tolerate bullying and harassment and to demonstrate behavior that is respectful and civil. It is especially important for adults to model these behaviors (even when disciplining) in order to provide positive examples for athlete behavior.

"Bullying" is conduct that meets all of the following criteria:

- Is reasonably perceived as being dehumanizing, intimidating, hostile, humiliating, threatening, or otherwise likely to evoke fear of physical harm or emotional distress;
- Is directed at one or more pupils;
- Is conveyed through physical, verbal, technological or emotional means;
- Substantially interferes with educational opportunities, benefits, or programs of one or more pupils;
- Adversely affects the ability of a pupil to participate in or benefit from the athletic program or activities by placing the pupil in reasonable fear or physical harm or by causing emotional distress; and,
- Is based on a pupil's actual or perceived distinguishing characteristic (see above), or is based on an association with another person who has or is perceived to have any of these characteristics.

"Harassment" is conduct that meets all of the following criteria:

- Is reasonably perceived as being dehumanizing, intimidating, hostile, humiliating, threatening, or otherwise likely to evoke fear of physical harm or emotional distress;
- Is directed at one or more pupils;
- Is conveyed through physical, verbal, technological or emotional means;
- Substantially interferes with educational opportunities, benefits, or programs of one or more pupils;
- Adversely affects the ability of a pupil to participate in or benefit from the athletic program or activities because of the conduct, as reasonably perceived by the pupil, is so severe, pervasive, and objectively offensive as to have this effect; and,
- Is based on a pupil's actual or perceived distinguishing characteristic (see above), or is based on an association with another person who has or is perceived to have any of these characteristics.

# ANTI-BULLYING POLICY CONT.

The scope of this policy includes the prohibition of every form of bullying, harassment, and cyberbullying/harassment, whether on the field or within the facility, immediately adjacent to the facility premises, at a Legacy Center sponsored event, whether or not held on Legacy Center premises. Bullying or harassment, that is not initiated at a location defined above is covered by this policy if the incident results in a potentially material or substantial disruption of the athletic learning environment for one or more athletes and/or the orderly day-to-day operations of Legacy Center or Legacy Center team or program.

The Legacy Center and its affiliates expect athletes to conduct themselves in a manner in keeping with their levels of development, maturity, and demonstrated capabilities with proper regard for the rights and welfare of other athletes, coaches, staff, volunteers and opposing teams.

## Reporting Bullying:

If you, or someone you know, are being bullied or harassed, you must report the incident to a team manager, coach, Legacy Center administrator or director as soon as possible. You may anonymously report the incident to the above, however, formal disciplinary action may not be based solely on the basis of an anonymous report.

Upon reporting the incident to the appropriate member listed above, that staff member is required to report bullying or harassment to a Legacy Center Administrator.

## Consequences of Bullying:

If any person involved in a Legacy Center team or program (including players, athletes, coaches, volunteers, parents, guardians and spectators) has taken part in bullying behavior, Legacy Center has the authority, dependent on the incident and the totality of the circumstances, to suspend, terminate or ban that person from Legacy facilities, premises or team. If the action is so objectively severe, intentional and causes another person severe emotional or physical damage, that person and the incident will be reported to local law authorities.

Legacy Center prohibits reprisal or retaliation against any person who reports an act of bullying or harassment or cooperates in an investigation.

Legacy Center prohibits any person from falsely accusing another as a means of bullying or harassment. The consequences and appropriate remedial action for a person found to have falsely accused another as a means of bullying or harassment may range from positive behavioral interventions up to and including suspension or expulsion from the team and Legacy Center premises.

By raising awareness throughout Legacy Center and its affiliates, everyone can work together to ensure that Legacy Center and its teams is a place where players, parents, and other participants can feel welcome and included.

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Participant's Signature

Date

Participant's Name  
(Please print legibly)

Parent's Signature

# CONCUSSION Information Sheet



This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

## What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

## How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
  - › Work with their coach to teach ways to lower the chances of getting a concussion.
  - › Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
  - › Ensure that they follow their coach's rules for safety and the rules of the sport.
  - › Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.



**Plan ahead.** What do you want your child or teen to know about concussion?

## How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

### Signs Observed by Parents or Coaches

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the 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 or after* a hit or fall.

### Symptoms Reported by Children and Teens

- Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not "feeling right," or "feeling down."

**Talk with your children and teens about concussion.** Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that *it's better to miss one game than the whole season.*

To learn more, go to [www.cdc.gov/HEADSUP](http://www.cdc.gov/HEADSUP)



Centers for Disease Control and Prevention  
National Center for Injury Prevention and Control

**Concussions affect each child and teen differently.** While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' health care provider if their concussion symptoms do not go away or if they get worse after they return to their regular activities.



## What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.

Children and teens who continue to play while having concussion symptoms or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious and can affect a child or teen for a lifetime. It can even be fatal.

Revised 5/2015

**Discuss the risks of concussion and other serious brain injury with your child or teen and have each person sign below.**

*Detach the section below and keep this information sheet to use at your children's or teens' games and practices to help protect them from concussion or other serious brain injury.*

- I learned about concussion and talked with my parent or coach about what to do if I have a concussion or other serious brain injury.

Athlete Name Printed: \_\_\_\_\_ Date: \_\_\_\_\_

Athlete Signature: \_\_\_\_\_

- I have read this fact sheet for parents on concussion with my child or teen and talked about what to do if they have a concussion or other serious brain injury.

Parent or Legal Guardian Name Printed: \_\_\_\_\_ Date: \_\_\_\_\_

Parent or Legal Guardian Signature: \_\_\_\_\_

## What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a health care provider and only return to play with permission from a health care provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's health care provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a health care provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a health care provider.



To learn more, go to [www.cdc.gov/HEADSUP](http://www.cdc.gov/HEADSUP)

You can also download the CDC *HEADS UP* app to get concussion information at your fingertips. Just scan the QR code pictured at left with your smartphone.

# IMAGE & VIDEO RELEASE

## Photo/Video/Audio Release Form and Disclosure

I, \_\_\_\_\_ (please print), grant permission to Legacy Center, LLC, its Clubs, Programs, affiliates, agents and employees the irrevocable and unrestricted right to reproduce the name, likeness, photographs, video images and/or audio taken of me, or members of my family, for the purpose of publication, promotion, illustration, advertising, brochures, commercials, media material, flyers, invitations, or trade, on Legacy websites and in any manner or in any medium. To ensure the privacy of children, parents can opt out of this release by providing written notice to Legacy to not include their child's names, images and audio that identifies their child by using full names or personal identifying information. I hereby release Legacy Center, LLC, its Clubs, Programs, Affiliates and its legal representatives for all claims and liability relating to said name, images, video and audio involving the use of your image or likeness.

A person entering the Legacy Center, LLC facility or attending Legacy Center, LLC event who do not wish to have their name, image or audio recorded for distribution should make their wishes known in advance to the photographer/videographer, and/or the event organizers, and/or contact Legacy Center, LLC, in writing of his/her intentions and include a photograph. Legacy Center, LLC will use the photo for identification purposes only and will hold it in confidence.

By entering the Legacy Center, LLC facility, participating in an Legacy Center, LLC event, or by failing to notify Legacy Center, LLC, in writing, of your desire to not have your name, image or audio used by Legacy Center, LLC, you are agreeing to release, defend, hold harmless and indemnify Legacy Center, LLC, its Clubs, Programs, Affiliates and its legal representatives from any and all claims involving the use of your name, picture, audio or likeness.

Any person or organization not affiliated with Legacy Center, LLC, may not use, copy, alter or modify Legacy Center, LLC photographs, graphics, audio, videography or other, similar reproductions or recordings without the advance written permission of an authorized designee from Legacy Center, LLC.

I acknowledge that I am:

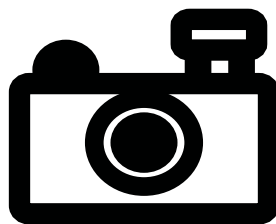
over the age of 18

the legal guardian of the following

If legal guardian of model(s), please list name(s) here:

Name(s): \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_





## CONTACT US

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9299 Goble Drive  
Brighton, MI 48116



Sarah & Eric Lindstrom, Executive Volleyball Directors, 810.231.9288



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