



**Konan Joint Workouts  
Spring, Summer, 2017  
USJF Sanction # 17-03-19**

**This is a multi-location event where you can choose which ones you want to attend**

The goal of these joint workouts is to get as many junior/youth & adult competitors together in one place as possible so they can all get mat time with others in their skill, weight and age range that they don't see all the time. This should be a great opportunity to play with other competitors and experience what it will take to play at the national level.

<b>Dates</b>	<b>Location/Address</b>	<b>Phone</b>	<b>Workout Time</b>
Saturday, March 11th	Salvation Army Kroc Center, 2500 Division Ave. S, Grand Rapids, MI 49507	(616) 588-7200	11:00-1:00 PM
TBD	TBD		
TBD	TBD		

**Cost:** Costs will be 10 dollars per person. In the event that there are multiple club members we will discount each club member \$2 per additional member (i.e., \$8/person)

**Training Camp Facilitator:** Greg Ondrus involved with judo in the Midwest since 2005

- 2016 SANIX Konan Boys Team Coach
- 2015 SANIX Konan Girls Team Coach
- Konan VP and Director of Development
- Head Judo Coach Magic BJJ

*If you have questions please contact Greg Ondrus at [gregondrus@gmail.com](mailto:gregondrus@gmail.com),*

**ELIGIBILITY:** All contestants **must** provide their **primary** U.S.J.F., U.S.J.I. or U.S.J.A. card. Foreign contestants **must** have the proper ID from their home country. If you do not present your valid primary card, you must purchase one on site. U.S.J.I., U.S.J.F., and U.S.J.A. applications will be available at the tournament site. All junior's competitors must have a signed consent head up concussion form

**If your dojo is interested in hosting a future workout please have your head Sensei contact Greg Ondrus.**



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Participant Registration Information

Name: Age: Phone:
Email Address:
Mailing Address:
City: State: Zip:
USJI, USJF, or USJA#: Exp Date
Club: Judo Rank:

Please check the box by the training(s) you are expecting to attend:

- Saturday March 11th, 2017
TBD
TBD

If assistance/accommodation is needed (check off appropriate box)

- Vision Loss/Blindness
Hearing loss/Deafness
Other Type of assistance/accommodation requested or name of person assisting

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Certificate Regarding Non-Black Belt Contestants

I, a Judo instructor, who has been awarded the Judo rank of Shodan or higher, under the auspices of USJI, USJF, USJA OR JUDO CANADA, hereby certify that,

although not having been awarded the Judo rank of Shodan or higher, is of sufficient aptitude and skill in Judo to compete in these Championships.

Signature of Instructor Date of signature
Dan Rank # USJF USJI USJA Other ( ) Exp Date:



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**HEAD UP WAIVER**

*For those under 18; this form must be signed by the parent or guardian and minor*

**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 evaluation 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 in your athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

By my name and signature below, I acknowledge in accordance with Public Acts 342 or 2012 that I received and reviewed this concussion educational material.

\_\_\_\_\_  
STUDENT-ATHLETE NAME PRINTED

\_\_\_\_\_  
STUDENT-ATHLETE NAME SIGNED

\_\_\_\_\_  
DATE

\_\_\_\_\_  
PARENT OR GUARDIAN NAME PRINTED

\_\_\_\_\_  
PARENT OR GUARDIAN NAME SIGNED

\_\_\_\_\_  
DATE