



Concussion Champion Application

In this application, please provide your concussion story. Below are prompts and guidelines to assist a player, coach or parent in organizing their thoughts when writing their concussion story. You do not have to follow this template exactly; but the questions below prompt for the information we need to develop a Concussion Champion.

Please also provide 2-3 photos of yourself, preferably hockey or other sport related.

1. My name is _____
2. I am a _____ player _____ parent _____ coach
3. I have played hockey for _____ years.
4. I am currently playing for _____ / or I am currently coaching _____ hockey.
5. I had my (1st, 2nd, 3rd) concussion when I was _____ years old, playing _____ hockey in (location).
6. My concussion happened when (describe play/incident).

7. I knew / did not know / right away that I had a concussion. (Describe symptoms that you felt that made you or someone else think something was wrong).

8. Did a coach, team manager, teammate help you recognize your symptoms? _____
9. I went to the (hospital, ER etc) _____
10. I was not able to play for _____ (days, weeks, months, missed games). _____

11. During my recovery, I was (describe emotions and feelings) – dizzy, slow, vision trouble, headaches, nausea, frustration, irritability, mood swings, slept all the time, could not sleep, etc.

12. I did / did not have someone helping me during my recovery (a doctor, trainer, etc) _____

13. I knew I was completely recovered and could return to play when (my doctor released me, etc) _____



Concussion Champion Application

14. I returned to play:

- slowly (practice, skate, no contact, etc) _____
- I returned straight to play _____
- I was comfortable / not comfortable the first time I got back on the ice _____
- I could not return to play _____

15. Since my concussion:

- a. I feel confident that I am 100 % _____
- b. I feel like I am a smarter / more aware player _____
- c. I talk about my concussion with my teammates _____

16. I feel like my concussion could have been handled differently in the following way:

17. Please provide a statement: If I could let everyone know **one thing** about concussions, it would be this

18. Please provide a statement: Concussion awareness is important for all players of every age because

19. I would like my teammates to know it is important to take concussions seriously because _____

20. I would like coaches to know it is important to take concussions seriously because

21. I would like parents to know it is important to take concussions seriously because



Concussion Champion Application

22. This is how my concussion changed my life:

Provide any other information you would like to share.

Your email address: _____

Your Cell number: _____

Your current State Affiliate and hockey program: _____

Submit via email to: pdconcussion@gmail.com

Also feel free to email with any questions.

THANK YOU!