

CAPITALLAND LACROSSE AND FIELD HOCKEY

CO-PRESIDENTS - GARY R. WEISS

7 AZALEA COURT

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BOYS PRESEASON INDOOR WINTER LACROSSE JANUARY & FEBRUARY OF 2011 ARE YOU READY FOR TRYOUTS?

Name _____ Address _____ City _____ Zip _____

Date of birth _____ Grade level _____ School/Group Name _____ Position _____

Phone _____ Emer. Phone _____ Experience _____ Are you new to the Capital Land Program? Yes No

Please list E-mail address here: _____

The Capitalland Lacrosse Club is running an indoor winter boy's lacrosse program during January and February on the turf fields of the Sportsplex in Halfmoon on Thursdays nights from 1/6/11 to 2/17. **We will be offering three separate leagues for players in grades 5th-12th as well as instructional programs for grade levels K-11.** A player should choose a level based on age and skill. Advanced players can "play up". We will accept registrations by mail at 7 Azalea ct. Clifton Park NY 12065 & at the Sportsplex ½ hour prior to each session as long room is available.

BOYS LACROSSE LEAGUES

* Place a check mark in a circle below.

- BOYS MODIFIED LEAGUE GRADES 5-8** with 5th graders having 3 or more years of exper. Starting times can rotate between 6 & 8 pm. with a game or two possibly at 5.
- BOYS FRESHMAN & JV LEAGUE GRADES 8-10** for any boy who will be trying out for their JV or freshman team in the spring. This includes 8th graders having 3 or more years of experience. Starting times will rotate between 6 and 9 pm with a game possible at 5.
- BOYS VARSITY LEAGUE** for boys trying out for varsity in the spring. Starting times for the majority of games will rotate between 5 and 9 pm. with a game or two possibly starting at 4 & or 10 pm.

LIST YOUR TEAM OR SCHOOLS NAME _____ **CIRCLE ONE** - Full team member or *Partial team member or Free agent.

*Please list other team members and their positions if you selected a partial team. If you are traveling a distance left me know so I can limit the early games.

DATES & STARTING TIMES: Our league will be held on Thursday night starting 1/6/11 ending 2/17/11. Each player will be contacted by phone or by E-mail as to what team they are on and what time they will play the first night, 1/6/11. This contact will be no later than 1/4. Notification of **the league schedule** will be handed out on opening night and will appear on our web site capitallandlacrosse.com by 1/11 at 6 pm.

THE COST OF OUR PROGRAMS for each player is \$155 when signing up to play by 12/30/10 & \$165 after that date. The fee for a player to sign up for our league and our instructional program is \$290 if signing up before 12/30/10 & \$310 after that date. **Our instructional programs and the league will not conflict so a player could sign up to play in both.** Players who want to be taught skills to improve their game should sign up for the instructional program we offer that is listed below. **No pay per night players will be allowed in our leagues.** A \$30 non-refundable deposit is included in all of our fees.

*LEAGUE NOTES - Each game will be refereed by a qualified referee and supervised by a CLL representative. **A team can be formed by any of the following means: A local high school or youth team can form together as one team. A group from a local high school or youth team can form together making a partial team.** This group of players will be put on a team with another group of players. All players from each school or youth team will be placed on the same team unless it is impossible because of the position of the players or because it conflicts with the league structure. **An individual player can sign up as a free agent.** Free agents will be placed on a partial team or on the Capitalland Clubs' home team. A Capitalland representative will coach this team. The **format of play** will be an 8 vs. 8 games, which includes the goalie. Each game will have two 22-minute running halves with a five-minute half time. **Number of players** - Since players do miss games because of sickness, vacations ... a full team is at least sixteen players and a maximum of eighteen. If a team does not have 16 players on a team Capitalland could add players to reach the 18 number. **Coaching** - anyone over the age of twenty-one can be a coach of a team. If a group of players do not have a coach, a representative from Capitalland Lacrosse will coach the team. **Jersey's** - each player will receive an official game pinnie on the first night.

COACHES CORNER ADVANCED LACROSSE TRAINING

ALL-STAR DIVISION GRADES 5 – 9

IMPORTANT NOTICE *Our Coaches Corner program offers varsity level coaches recreating advanced-level practices full of the skills & drills that advanced and novice players need to be successful at the next level. Our leagues coupled with our Coaches Corner skills & drills program gives our players the training they need as well as the live game experience they will have to excel on the field. The combination of these programs offers our players a comprehensive experience that is second to none. These programs are run at different times on Thursdays so a player could participate in one of them or both. Our Coaches Corner ALL STAR DIVISION is for grades 5 – 9. To get more information and a registration form for our Coaches Corner program go on line to capitallandlacrosse.com or e-mail us at chad@capitallandlacrosse.com

INSTRUCTIONAL LACROSSE PROGRAMS ARE ON THE BACK

E-MAIL US AT CHAD@CAPITALLANDLACROSSE.COM TO BE PUT ON OUR E-MAIL LIST

BREAKAWAY SPORTS AND BRINE / WARRIOR ARE OFFICIAL SPONSORS OF CAPITALLAND LACROSSE

INSTRUCTIONAL LACROSSE PROGRAMS grades k- 10th

These programs highlight our expert coaching staff's ability to teach the advanced, novice & beginner lacrosse players the right way to play lacrosse. Our coaches will use the same skills, drills & live scrimmages that they have used to mold numerous all league and all American lacrosse players in the past. **These programs are just what a player needs to develop the skills they need to make and start on their schools team.** Players will be assigned to groups based on their age & skill level. Advanced players can "play up". Our instructional programs and the league times will not conflict so a player could sign up to play in both. Please check the appreciate O below.

- O **BOYS GRADES 6-10:** This program is for intermediate, novice or beginning lacrosse players who need to sharpen their basic skills while being introduced to more advanced techniques that they will need in order to make their schools modified, freshman or junior varsity teams in the spring. **Players can participate in this level; our Coaches Corner novice & advanced training session & play in our league as the times will not conflict among the three.**
- O **BOYS FULL-EQUIPMENT YOUTH LEVEL (GRADES 2-5):** The program is for all skill levels & is held in an encouraging mental & physical positive environment. Fun while learning is the key in this group.
- O **CO-ED BEGINNER LACROSSE (STICKS ONLY) K-5.** This program is for the beginners & is set in fun, hands on positive environment. Just right for those who want to try the lacrosse. We will be using a puffball & no contact is aloud. **THE EMPHASIS IS ON FUN.**

DATES & STARTING TIMES: These programs will be held on Thurs. starting 1/6/11 ending 2/17/11. Starting times will be 6 to 7 pm for all levels.

THE COST OF THE INSTRUCTION for each player is \$155 when signing up to play by 12/30/10 & \$165 after that date. The fee for a player to sign up for our instructional program and our league is \$290 if signing up before 12/30/10 & \$310 after that date. **WE DO ALLOW PAY PER NIGHT PLAYERS IN THESE PROGRAMS FOR \$25 A NIGHT.** A \$30 non-refundable deposit is included in all of our fees.

EQUIPMENT: will be available to rent at the beginning of each program for a small fee. A security deposit is required. All players need a mouth piece which we will have available for \$3 if one is needed. All boys programs except the Co-ed learn to play program which only needs a stick, need the following equipment: a stick, helmet, gloves, arm pads, and shoulder pads

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- Contact us:** E-mail us at Chad@capitallandlacrosse if you have any questions or to be added to our e-mail list for information on our winter, summer & fall programs. Check us out online at Capitallandlacrosse.com where you can down load our forms.
- Game site:** The Sportsplex of Halfmoon is located off exit 8A of the Northway. Head East off the exit until you reach Route 9. Turn left and go about two miles. The Sportsplex is on the left behind the Soccer Unlimited Store on Corporate Drive. Enter Corporate Drive at the sign for Pai's Tae-Kwon-Doe.
- Registration:** Pre-registration by mail, Capitalland Lacrosse, 7 Azalea Ct. Clifton Park, NY 12065 Registrations will also be accepted ½ hour prior to each scheduled session as long as space is available. Checks are made out to Capitalland Lacrosse.
- Bad weather:** If weather conditions are threatening, contact 527-1340 or 527-6110 one hour before play is to begin to see if lacrosse is still on.

MEDICAL TREATMENT AUTHORIZATION

PLAYERS NAME _____ I/We, being the legal parent(s) / guardian (s) of the applicant, do hereby authorize Capitalland Lacrosse Club, Inc. & it's duly authorized agent(s) permission to request medical treatment, as necessary, to assure the well-being of our child. PARENT / GUARDIAN'S SIGNATURE - _____

MEDICAL INFORMATION SECTION (To be completed by a parent or guardian)

As stated on our Insurance Waiver forms, there always is a risk that injury (ies) or various physical/emotional conditions may result in a need for medical attention. To help the coaches & staff better monitor & respond to these possibilities, please describe any restriction(s) that may apply, & any medication needs that require our attention.

RESTRICTIONS: _____ MEDICAL NEEDS: _____

Coverage for accidental injury is required for all participants. Your family health plan is your level of protection. Our insurance contract allows no one to play in a Capitalland program until proof is provided and both waiver and release forms are completed.

FAMILY HEALTH INSURANCE COMPANY

HEALTH INSURANCE POLICY NUMBER

You are engaging in a physically strenuous sporting activity that can result in physical contact and unintended injury. As the parent(s) / guardian (s) of the applicant in the Capitalland Lacrosse program I agree to, waive, discharge & covenant not to sue the Capitalland Lacrosse Club, Inc., their affiliated clubs, their respective administrators, participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and leasers of premises used to conduct the events, all of which are hereinafter referred to as "releases", from any and all LIABILITY to each of the undersigned, his or her heirs and next of kin for any & all claims, demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releases or otherwise. I HAVE READ THE ABOVE WAIVER & RELEASE, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT VOLUNTARILY.

(Signature parent / guardian) _____ (Printed Name of parent / guardian) _____