CAPITAL LAND LACROSSE AND FIELD HOCKEY

CO-PRESIDENTS - GARY R. WEISS 7 AZALEA COURT Web site – capitallandlacrosse.comPH. 527-1340

CHAD C. FINCK CLIFTON PARK, NY 12065 E-mail - [chad@capitallandlacrosse.com](mailto:chad@capitallandlacrosse.com) PH. 527-6110 GIRLS INDOORS WINTER FIELD HOCKEY

NOVEMBER & DECEMBER 2024

# The Capitalland Field Hockey will be running indoor winter girl’s field hockey programs on Sundays at the All Star Sports Academy in Latham November 10th through December 22. We will be offering a league for Youth grades 4th – 6th, Modified/JV players and a Varsity league. We will also have quality instructional programs for beginner players in grades K – 3, beginner/novice and advanced players in grades 4-6 & a modified level & JV players as well as varsity level players. The Academy has two fields so we anticipate filling up quickly in a number of our programs so do not wait to enroll.

# GIRLS FIELD HOCKEY LEAGUES

Games will be held on Sunday starting on 11/10 & end on 12/22/24. Girls can sign up with their team members and play as a full or partial school team or as free agents and be place on a team. All girls who are signed up by 11/8 will be notified by 11/8 as to what time & team they will play on the first day. A league schedule will be available on line by 11/15. Please fill out the registration form on the next page to join one of our leagues. There is no pay per night program in our leagues. More league information is on the back page and program details are listed below.\*Players with advance skill can play up a level. Our leagues coupled with our skills & drills program offers a player a comprehensive experience of live game experience & the skills & drills training that they will need to make their team in the fall. \*If you are signing up w/ a group & you want to request a set playing time each week contact us at the email address above & we will try to meet your needs. Starting times will rotate between 9:00 am and 1:00 each week but can change as the overall programs develop. There will be a set schedule after week one. I**nstructional times & the league times should not conflict so a player could play in both**.

**GIRL’S YOUTH LEAGUE GRADES 4 – 6th. All players should have at least one year of experience and** 4th graders should have 2 and feel confident with playing with 6th graders. Starting times are scheduled to be between 11 am and noon with 10 player rosters (11 with a goalie) as we will be playing games on a smaller then regulation field in a 4 vs 4 player set up. Our skills & drills program is just before this program so a player could do both.

**GIRL’S MODIFIED/JV LEAGUE GRADES 7 -9th**  for any girl who will be trying out for their JV or modified team in the fall.

**GIRLS VARSITY LEAGUE** is for girls who will be trying out for their varsity teams in the fall and seniors in high school this year.

**SKILLS & DRILLS FIELD HOCKEY PROGRAMS**

# These programs highlight our expert coaching staff’s ability to teach the advanced, intermediate, novice & beginner players the right way to play field hockey. Our coaches will use the same skills, drills & live scrimmages that they have used to mold numerous all League & all American field hockey players in the past. A player should choose a level based on age & skill. Advanced players can “play up”. Please fill out the registration form on the next page to join one of our instructional programs. We do allow pay per session players in these programs as long as room is available. The fee is $28 per session. All skills & drills sections will split players up between age & skill levels. The Academy has two fields so we anticipate filling up quickly in a number of our programs so do not wait to enroll.

**Our instructional times & our league times should not conflict so a player could sign up to play in both.**

### ADVANCED PROGRAM grades 6 – 8 & 9 – 11th: for the intermediate & advanced skill players who have been playing for a while and want to refine their skills while being introduced to advanced techniques. Age & skill level will be separated. Programs will run Sundays from 9:00 to 10:00 am.

### NOVICE PROGRAM grades 7 – 10th for players who need to sharpen their basic skills while being introduced to more advanced techniques in order to make their schools teams. Age & skill level will be separated. This program is on Sunday from 9:00 to 10:00 am.

**NOVICE PROGRAM grades 4-6** for players who need to sharpen their basic skills while being introduced to more advanced techniques. This program is on Sunday from 10:00 to 11:00 am. Our league follows this program so a player could play in both.

### **BEGINNER PROGRAM** grades 4 – 6 & grades 7 – 10th**:** for beginners who want to learn how to play field hockey and gain needed skill. Age & skill level will be separate. This program will be held on Sundays from 10:00 to 11:00.

### **BEGINNER PROGRAM** grades K – 3 are for beginners who want to learn how to play field hockey in a friendly and fun atmosphere. This program will be held on Sundays from 10:00 to 11:00 am.

### PROGRAM DETAILS FOR OUR LEAGUE AND INSTRUCTION PROGRAMS

### LOCATION/DIRECTIONS: All programs will be on the indoor turf at the All Star Sports Academy in Latham located at 198 Troy – Schenectady Road (route 2) Latham NY 12110 approximately one & a half miles off exit 6 of the Northway. The Academy is directly lacrosse from a Cumberland Farms and next to a Salvation Army. The Academy has a limit spaces available for spectators and it is requested that only one specter per player attend.

### REGISTRATION: to register fill out the back section of this form and mail it to 7 Azalea Court Clifton Park NY 12065. All check should be made out to Capitalland Field Hockey. We do not have an online sign up. We will be accepting applications ½ hour prior to each scheduled session at the Academy as long as spots are available but space is limited. All players show up the first night 20 minutes prior to the start of their program to check in.

**COSTS OF THE PROGRAMS** – The cost for each player is $175 when signing up to play by 11/8 & $185 after that date. \*The fee for the K-3 beginner program is $140 when signing up to play by 11/8 & $150 after that date. All check should be made out to Capitalland Field Hockey. The cost for a player to play in more than one program, league & instructional program, is $300 when signing up to play by 11/8 & $315 after that date. A $30 non-refundable deposit is included in our fees. We only allow pay per night players in our instructional programs and NOT our leagues. If you would like to be a pay per night player in one of our instructional programs just show up 20 minutes early to the session you and sign in. The fee is $28 per session

**EQUIPMENT –** will be available to rent for the season on the first night for a small fee. All girls need a stick, shin guards at a rental fee of $10 per item. A security deposit is required of $45 per item that will be given back when the equipment is returned. All players need a mouth piece which we have for $6 if one is needed.

Go to www.capitallandlacrosse.com to be added to our email list & for info. about Spring, summer and fall FH programs.

**FIELD HOCKEY REGISTRATION FORM PROGRAMS ARE LISTED ON THE OTHER SIDE**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ E- mail address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of birth\_\_\_\_\_\_\_\_\_ Grade level \_\_\_\_\_\_

Mailing Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_City\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Zip\_\_\_\_\_\_\_\_ Phone \_\_\_\_\_\_\_\_\_\_\_ Emer. Phone \_\_\_\_\_\_\_\_

Are you a goalie **Yes No** Experience\_\_\_\_\_\_\_\_\_ Are you new to the Capitalland? **Yes No** Are you presently receiving our e-mails? **Yes No**

**CIRCLE THE PROGRAM/PROGRAMS LISTED BELOW THAT YOU WOULD LIKE TO JOIN**. Our instructional times & our league times should not conflict so a player could sign up to play in both.

**CIRCLE THE PROGRAM YOU WANT TO PLAY IN. IF YOU ONLY WANT TO PLAY IN A LEAGUE ONLY CIRCLE THAT LEAGUE. IF YOU WANT TO PLAY IN ONE OF OUR INSTRUCTIONAL PROGRAMS ONLY CIRCLE THAT PROGRAM. IF YOU WANT TO PLAY IN A LEAGUE AND AN INSTRUCTION PROGRAM CIRCLE BOTH. CIRCLE THE PROGRAM(S) YOU WANT TO JOIN.**

**INSTRUCTIONAL LEVELS -** advanced novice beginner 4th–10th K – 3rd **LEAGUE PROGRAMS -** Youth 4-6th jv/modified Varsity league

All check should be made out to Capitalland Field Hockey. If you are signing up with a group of players and you want to request a set playing time each week please contact us at the email address above and we will try to meet your needs.

**IF YOU ARE JOINING A LEAGUE LIST YOUR TEAM OR SCHOOLS NAME** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and circle one of the following:

Full team member or \*Partial team member or Free agent. \*If you selected the partial team member, please list the other team members and their positions on a piece of paper and send it with this form so we can make sure we get you on the same team as your friends.

**LEAGUE NOTES** - The **league format of play** will include weekly divisional play. Records will be kept. A playoff tournament will be held after the regular session league games conclude. Each game will be refereed by a qualified referee and supervised by a Capitalland Field Hockey representative. **A team can be formed by any of the following** **means;** A local high school or postgraduates can form together as one team. A group from a local high school or postgraduates 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 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. **Jersey’s** - each player will receive an official game pinnie on the first night. The **format of play** for Jv/modified and varsity leagues 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 ... each team will have sixteen players on their rosters. If a team does not have 14 players on a team Capitalland could add players to reach that number. **Coaching** - anyone over the age of twenty-one can be a coach of a team. If a group of players, or free agents, do not have a coach, a representative from Capitalland Field hockey will coach the team.

**How to contact us**: Read more about us; check out our other seasonal offerings or down load forms by visiting us online at [www.capitallandlacrosse.com](http://www.capitallandlacrosse.com). To be added to our E-mail list for info about our winter, summer & fall programs or if you have any questions contact us at [chad@capitallandlacrosse.com.](mailto:chad@capitallandlacrosse.com.) **Bad weather:** If weather conditions are threatening, please contact 527-1340 or 527-6110 one hour before play begins to see if f/h is still on.

**OTHER CLL WINTER ACTIVITIES**

**GIRL’S LACROSSE INDOOR COMPETITIVE LEAGUES** separate leagues for varsity, junior varsity/modified players.

**GIRL’S LACROSSE INSTRUCTIONAL PROGRAM** for beginners/novice players as well advanced players in grades K – 12th.

**BOYS LACROSSE INSTRUCTIONAL PROGRAM** for beginners/novice players as well advanced players in grades K – 12th.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_