CAPITAL LAND LACROSSE AND FIELD HOCKEY

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

NOVEMBER & DECEMBER 2024

# The Capitalland Lacrosse Club will be running indoor winter girl’s lacrosse programs on Sundays at the All Star Sports Academy in Latham November 10th through December 22nd We will be offering leagues in the following three brackets: Youth, Modified/JV & High School Varsity levels. We will also be offering quality instructional programs for learn to play K-5 grade level, beginner/novice players in grades 3-11, and an advance group for players in grades 7 – 12th. All groups will be separate by age and skill levels. The Academy has only two fields so we anticipate filling up quickly, please register early.

# GIRLS LACROSSE 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 spring. Starting times for the leagues are listed next to each level but can change as the overall programs develop. \*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..

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

**GIRL’S YOUTH LEAGUE GRADES 4 – 6th** with 4th graders having 2 or more years of experience. Starting times are scheduled to be between 4 & 6 PM 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.

**GIRL’S MODIFIED/JV LEAGUE GRADES 7 -9th**  for any girl who will be trying out for their JV or modified team in the spring. Starting times are scheduled to be between 1 PM & 5 PM.

**GIRLS VARSITY LACROSSE LEAGUE** is for girls who will be trying out for their varsity teams. Starting times are scheduled to be between 3 & 6 PM.

**SKILLS & DRILLS LACROSSE PROGRAMS**

# These programs highlight our expert coaching staff’s ability to teach the advanced, intermediate, novice & beginner 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 & all American lacrosse 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. Our instructional times & our league times should not conflict so a player could sign up to play in both. We do allow pay per session players in these programs. The fee is $28 per session. Players will be spit by age and skill levels in all groups.

### \*We will have a goalie coach available each week to help train all goalies no matter their age or skill level.

### ADVANCED PROGRAMS grades 7- 9 & grades 10 – 12th: These programs are for the intermediate & advanced skill players who have been playing lacrosse for a while. These players want to refine their skills while being introduced to advanced techniques. Players will be spit by age and skill levels. This program will be on Sundays from 2:00 to 3:00. Instructional & league times should not conflict so a player could play in both

### NOVICE PROGRAM grades 4-7 & grades 8 – 10th: This program is for novice lax 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 teams. This program will be on Sunday from 3:00 to 4:00. Our instructional times & the league times should not conflict so a player could sign up to play in both.

### **BEGINNER PROGRAM** grades 3 – 6 & grades 7 – 10th**:** This program is for girls who are beginners who want to learn how to play lacrosse and gain needed skill in a friendly and fun atmosphere. This program will be held on Sundays from 3:00 to 4:00.

CO-ED NON CONTACT K-5th learn to play program: for all young lacrosse players who want to learn how to play lacrosse. We will not use a real lacrosse ball and **THE EMPHASIS IS ON FUN.** \*This program has a reduced fee. This program will be held on Sundays from 1:00 to 2.

### 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 Lacrosse. We will also be accepting applications ½ hour prior to each scheduled session at the Sportsplex as long as spots are available. All players most 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 Co-Ed K-5 beginner program is $140 when signing up to play by 11/8 & $150 after that date. We only accept cash or checks. All check should be made out to Capitalland Lacrosse. 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 & goggles and the fee for each item is $10, except the K-5 co-ed players only need a stick. A security deposit is required of $45 for each item and will be given back when the equipment is returned. All players need a mouth piece which we have for $6 if one is needed.

**E-MAIL US AT** [**CHAD@CAPITALLANDLACROSSE.COM**](mailto:CHAD@CAPITALLANDLACROSSE.COM) **TO BE PUT ON OUR E-MAIL LIST**

Visit our website at www.capitallandlacrosse.com for information about all of our winter/spring/summer & fall programs.

**GIRLS LAX 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 will not conflict so a player could sign up to play in both; circle both programs if you want to play in more than one.

**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 THE LEAGUE AND INSTRUCTION PROGRAM CIRCLE BOTH.**

**INSTRUCTIONAL -** advanced level novice level beginner level co-ed K-5 level **LEAGUES -** varsity league 7- 9th league youth league

All check should be made out to Capitalland Lacrosse. 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 Lacrosse 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** will be an 7 vs. 7 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 Lacrosse 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 one hour before play begins to see if lacrosse is still on.

**OTHER CLL WINTER ACTIVITIES**

**GIRL’S FIELD HOCKEY INSTRUCTIONAL PROGRAM** **AND LEAGUES** 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.

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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.

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