CAPITALLAND LACROSSE AND FIELD HOCKEY

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SUMMER 2025 GIRLS LACROSSE PROGRAMS

# The Capitalland Lacrosse Club is offering many summer day & evening programs all of which are listed below. Our professional staff includes some of the best female coaches in the area. During each program every player will be given quality instruction that fits the player’s level of experience & includes individual skill work, offensive/defensive tactics & techniques, team concepts, goalie skills, as well as, full field games & recommendations.

# Program details are listed below and our REGISTRATION FORM IS ON THE BACK.

### PROGRAM DETAILS & LOCATION: All programs will be held at the Clifton Commons in Clifton Park which is located at 16 Clifton Commons Blvd. You do not have to be a town resident to participate. In each program players will be assigned to groups based on their age and skill level. Younger advanced players can play up a level.

### FEES: Each program has a fee listed next to it. To REGISTER see the form on the back. EQUIPMENT – All girls will need a stick & goggles except the K-5th learn to play group which only needs a stick. We will have equip. available to rent on site for a small fee. A security deposit is required that will be given back when the equip. is returned. All players need a mouth piece, except the k-5th group, which we will have available for $6. BAD WEATHER: If weather conditions are threatening, please contact 527-1340 one hour before play is to begin to see if lacrosse is on.

### ALL OF OUR SUMMER PROGRAMS WILL HAVE THE FOLLOWING SKILL LEVELS. Players will be split into different skill and age divisions within each program. Younger advanced players can play up a level.

### ADVANCED COACHES CORNER PROGRAM grades **9 - 12** has varsity level coaches recreate a set of advanced-level practices full of skills & drills that advanced players need to be successful at the next level. Players will be divided by skill level, age, and position & taught, position specific drills, & full field transition skills. This training definitely takes your game to the next level!

### ADVANCED COACHES CORNER PROGRAM grades **5 – 8** is for the players who have a good amount of skill but need to be challenged. Play will concentrate on developing their weaker hands and working on the skills that they will need to continue to improve both as a player and student of the game.

### NOVICE PROGRAM grades 5 – 8 & 9 – 11: For girls who are novice 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.

### **BEGINNER PROGRAM** grades 3 – 6 & 7- 10: For beginners who want to learn how to play lacrosse in a friendly and fun atmosphere. This group will use a real lacrosse ball.

CO-ED GRADES K – 5 NON CONTACT LEARN TO PLAY:(stick only program) This program is for beginners that is set in a fun, hands on positive environment. Just right for those who want to try the fastest growing sport in America. We will be using a puffball and no contact is aloud. THE EMPHASIS IS ON FUN!

### DATES/TIMES AND FEES FOR ALL OF OUR SUMMER LACROSSE PROGRAMS Players will be split into different skill and age divisions within each program. Younger advanced players can play up a level.

### Session 5001 SUMMER TUESDAY NIGHT K – 5 CO-ED – will held on June 24 – July 29 excluding July 1. Playtime will be from 6 – 7.

### \*The cost for all Tuesday night sessions are: FEE: $125

### Session 5002 SUMMER TUESDAY NIGHT beginner/novice & advanced sessions will include all the levels listed above & will be held June 24 – July 29 excluding July 1. Play time will be 7 – 8. Players will be separated into different age & skill levels. \*The cost for all Tuesday night sessions are: FEE: $125

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**Session 5003 SUMMER CAMP for all age groups listed above -** August 11 – August 14 6 pm to 8:30 pm FEE: $160

\***Session numbers at the LEFT are needed for the registration**

**OTHER SUMMER PROGRAMS – girls grades K – 12 field hockey. Boys grades K – 10 lacrosse. UPCOMING EVENTS – Fall lacrosse for grades K – 12.**

**Town of Clifton Park Registration Application Form \*\*On-line registration system will be available on February 28th at** <https://parksrec.egov.basgov.com/cliftonpark/Search>. \*Just type in summer lacrosse in the search line. If you are experiencing issues registering on – line please call 518-371-6667. **To register by mail send the completed form below to:** Parks, Recreation & Community Affairs, 1 Town Hall Plaza, Clifton Park NY 12065.

**ALL CHECKS ARE MADE OUT TO THE TOWN OF CLIFTON PARK.**

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| Please print and fill out this form **COMPLETELY.**  Household Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Town/City: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ St: \_\_\_\_\_ Zip: \_\_\_\_\_\_\_  Home #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Work #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | Please fill out this side with any emergency contact information.  Emergency contacts:  Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **All checks are made out to the town of Clifton Park.** | | | |
| Session # | Activity Name | Start Date | Time | Place | Fee | Registrant’s Name | Date of Birth | Male/Female |
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| **All checks are made out to the town of Clifton Park TOTAL FEE:** | | | | |  | Make checks payable to: Town of Clifton Park  Mail to: Parks, Recreation & Community Affairs, 1 Town Hall Plaza, Clifton Park, NY 12065 | | |
| *If minor: please fill in the following: I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, the parent/legal guardian of, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ do hereby consent to his/her participation in the above recreation program(s) sponsored by Town of Clifton Park. I assume, for and on behalf of my child, all risks and hazards incidental to such participation. I agree that if he/she does suffer any injury the Town of Clifton Park's Parks, Recreation and Community Affairs, through its employees or agents, has my permission to sign consent forms required for any necessary emergency medical treatment. This consent shall apply to emergency situations only, and only if the parent/legal guardians listed above are not reachable at the numbers listed, to obtain my/our consent.*  *I recognize the difficulties and challenges involved in the outdoor, sports programs and camps, and that I or my child is sufficiently physically and psychologically fit to participate and has not been advised otherwise by a physician. I agree to indemnify and hold harmless the Town of Clifton Park, its employees and personnel from any and all claims, causes of action, liability for injuries or damages which may arise as a result of participating in this recreation program and its trips and activities, including, but not limited to, reasonable attorney's fees and the costs and disbursements of any legal actions. I do hereby waive, relinquish, release, discharge, and hold The Town of Clifton Park harmless from any and all liabilities, for any physical or mental injury or aggravation of any pre-existing illness, handicap, and death, loss of enjoyment, or any other harm or loss of nature which may be sustained by myself or my child while participating in the recreation program. The scope of this agreement extends to any actions taken by the Town of Clifton Park Office of Parks, Recreation & Community Affairs, the Town of Clifton Park, its employees, personnel, volunteers, and the instructor of any class or activity in responding to any emergency and/or medical situation or event.*  *I understand that all refund requests must be in writing and received 10 days prior to start of program and that there will be NO refunds after this time. Further, I acknowledge that there will be a $10 non-refundable charge on all registrations.*  *Participants may be photographed while participating in a Clifton Park Parks & Recreation program and said photographs may be used to publicize activities as the Town deems appropriate.*  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  *Signature of Participant or Parent (if participant is under 18 yrs. of age) Date* | | | | | | | | |