

CAPITAL LAND LACROSSE AND FIELD HOCKEY

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BOYS 2010 SUMMER LACROSSE WEEKLY GAMES AND EVENING INSTRUCTIONAL PROGRAMS

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**

If you are not on our e-mail list & would like to be added, please PRINT your e-mail address here: _____

The Capitalland Lacrosse Club is running SUMMER PROGRAMS FOR ALL BOYS IN GRADES K THROUGH 12TH. We will be offering a weekly live game teaching program that includes the highest quality coaching in the area for all high school & junior high school players as well as a separate instructional program for all beginner, novice & advanced skill players in grades K – 10th. In each program players will be assigned to groups based on their age and skill level. Register by mail early to ensure your spot. We will be accepting applications ½ hour prior to each scheduled session as long as spots are available. There will be equipment available for rent by any participant for a small fee at all of our programs.

BOYS SUMMER LIVE GAME TEACHING PROGRAMS

— will be held at the Sportsplex in Halfmoon on **Wednesday nights** starting June 23 through July 21th. This program is geared towards the players who want to play in weekly live games and be instructed by some of the best high school and past college coaches in this area. Our coaching staff has trained countless numbers of all league and all American players. This program offers one of the highest quality coaching experiences in the area for a fraction that other programs charge. Each week players will participate in live games verse other players from other schools at the Sportsplex. Our coaches' will instruct each player on individual and team concepts that every players needs to master to make and start on their high school or junior high schools teams. **PLAYERS CAN PLAY IN THIS PROGRAM AND THE INSTRUCTIONAL PROGRAM LISTED BELOW AS THEY PLAY ON SEPARATE NIGHTS.** Players can sign up with a full team, with a partial team or as free agents. All grade levels should be listed for fall of 2010. The cost of this program is \$95 when signing up to play before 6/21 & \$110 after that date. **CHECKS FOR THIS PROGRAM ARE MADE OUT TO CAPITALLAND LACROSSE** A \$30 non-refundable deposit is included in the fee. *We also offer a **\$25 PAY PER NIGHT** program for those players who can only make a night or two. ***Put a check mark in the O below to indicate the group you want.**

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

- *A BOYS VARSITY DIVISION for those boys' going into grades 10 - 12 in the fall who will be trying out for their varsity teams next spring.** Please note that all 10th graders should have at least three years experience. Play time will be from 7 to 8 pm each week.
- *A JV / FRESHMAN DIVISION for those boys' going into grades 8 - 10 in the fall who will be trying out for their junior varsity or freshman teams next spring.** Please note that 8th graders should have at least three years experience. Play time will be from 7 to 8 pm each week.
- *A BOYS MODIFIED DIVISION for those boys' going into grades 5 – 8 in the fall who will be playing modified lacrosse next spring.**
*Note that 5th graders should have three years exper. & be of good size & toughness to play with 8th graders. Play time will be from 6 to 7 pm each week.

WEEKLY EVENING INSTRUCTIONAL PROGRAMS

— These programs will be offered on **Tuesday nights** starting June 22 & will run to July 20 on the fields located in front of the Clifton Commons Hockey rink in Clifton Park. Each player will be given quality instruction that fits the player's level of experience & will include individual skill work, offensive/defensive tactics & techniques, & team concepts. The fee for each program is \$95 if paid before June 20 & \$110 after that date. **ALL CHECKS ARE TO BE MADE TO THE TOWN OF CLIFTON PARK.** We also have a **\$25 PAY PER NIGHT** program for those players who can only make a night or two. Players can play in this program and the live game program listed above as they play on separate nights. Please check the level below you would like & grade levels should be for fall of 2010.

- ADVANCED SKILLS PROGRAM** grades 5th – 10th. Playtime will be from 6:00 to 7:00 pm. This program is for the intermediate and advanced skill level players who have been playing lacrosse for a while and have a good deal of skill. These players want to refine their skills while being introduced too more advanced techniques they will need to start on their schools team.
- BEGINNER AND NOVICE PROGRAM** grades 6th – 10th. Playtime will be from 7:00 to 8:00 pm. This program is for 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.
- BOYS ELEMENTARY LEVEL GRADES 2-5** Playtime will be from 7:00 to 8:00 pm. The program is for all levels of players who want to learn how to play lacrosse. Players will sharpen their existing skills & be introduced to more advanced skills.
- CO-ED BEGINNER (STICKS ONLY) (GRADES K-5):** Playtime will be from 6:00 to 7:00 pm. This program is for the beginners & is set in fun, hands on positive environment. Just right for those who want to try the fastest growing sport in America, lacrosse. We will be using a puffball, no contact is aloud, **and THE EMPHASIS IS ON FUN!**

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

OTHER CLL SUMMER ACTIVITIES ***PLEASE GO TO OUR WEB SITE – CAPITALLANDLACROSSE.COM FOR DATES AND TIMES

BOYS SUMMER LACROSSE DAY CAMPS GIRLS FIELD HOCKEY DAY CAMPS GIRLS SUMMER LACROSSE DAY CAMPS GIRLS
EVENING FIELD HOCKEY INSTRUCTION GIRLS EVENING LAX INSTRUCTION MEN'S SUMMER EVENING LACROSSE

CONTACT US: E-mail us at Chad@capitallandlacrosse.com if you have any questions or to be added to our mailing list for information on our winter, summer & fall programs. Check us out online at Capitallandlacrosse.com and download our forms. Our phone number is 527-1340 or 527-6110.

Game site for The Sportsplex of Halfmoon, which 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-Do.

Game site for the Clifton Commons Sports Field. Take exit 9 off the Northway. Head West. Go passed Shen Central School. Just passed Pizza Hut, take left at the light. Clifton Commons is 1/2 mile on the left. As you go into the commons, go straight to the parking lot on the right. The field is next to the parking lot.

Equipment: Players must wear personal equipment mandated by high school lacrosse regulations. There will be requisite equipment available for rent by any person in need. Cleats can be worn as long as they have no metal parts to them.

Registration: Pre-registration by mail, Capitalland Lacrosse, 7 Azalea Ct. Clifton Park, NY 12065 Registrations will also be accepted 1/2 hour prior to each scheduled session as long as space is available.

Bad weather: If weather conditions are threatening, please contact 527-1340 or 527-6110 one hour before play is to begin to see if lacrosse is still going to be held.

*GAME NOTES - **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 every team unless a school brings a coach. Each team should have 18 players. Any team not reaching the 18 -player minimum will be considered a partial team and CLL could add players to that team to reach the maximum of 18. **Coaching** - anyone over the age of twenty-one can be a coach of a team.

MEDICAL TREATMENT AUTHORIZATION

PLAYERS NAME _____ I/We, being the legal parent(s) / guardian (s) of the applicant, do hereby authorize Capitalland Lacrosse Club, Inc. and its duly authorized agent(s) permission to request medical treatment, as necessary, to assure the well-being of our child. Sign here -

(Parent / guardian's signature and relationship to applicant)

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 and staff better monitor and respond to these possibilities, please describe any restriction(s) that may apply, and any medication needs that require our attention. Thank you for your cooperation in providing this information.

RESTRICTIONS: _____ MEDICAL NEEDS _____ 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 and 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 and 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 AND RELEASE, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND SIGN IT VOLUNTARILY.

(Signature parent / guardian)

(Printed Name of parent / guardian)