

VALLEY CENTER GIRLS LACROSSE 2010 GENERAL INFORMATION

Welcome Parents and Players!

Please find attached the Registration Forms for participation in the 2010 Valley Center High School Girls' Lacrosse JV and Varsity Teams. The Information forms must be received after team selection and before the player can receive a uniform and participate in games. These teams are non-funded school supported CIF teams. All funding comes from parent contributions, donations, team fundraising and the Valley Center Lacrosse Foundation. We look forward to meeting you and your daughter and the start of the upcoming season. Please contact us if you have questions.

ELIGIBILITY: Girls in 9th through 12th grades are eligible to participate. Girls will only be allowed to miss 3 days of practice with no more than 1 game within those 3 missed days. If your daughter has other short- or long-term commitments during the lacrosse season that may conflict with lacrosse, please call us before considering tryouts.

PRACTICES: Team practices will be conducted at the Primary Elementary School field at the corner of Fruitvale and Valley Center roads. There is no school transportation to this field; therefore, we will need parents to carpool girls to the field. IT IS VCHS POLICY THAT GIRLS NOT DRIVE TEAMMATES (other students) TO OR FROM PRACTICE.

Important Dates:

Practices will be M, Tu, W, F, 3:15-5:30pm
Th 3:15- 5:00 at Lower EI or Th 2:30-4:00 at VCHS turf field*
*Scheduled 3/11, 3/18, 4/8, 4/15, 5/6 when track team is away

First Scrimmage - Saturday, March 4 at Cathedral Catholic HS, 4PM Varsity, 5PM JV.

All Day scrimmage - Saturday, March 6 at Granite Hills HS, 8AM.

GAMES: The team will be competing within the San Diego County CIF and will play teams from throughout the County. We will not have buses to our practices or games so we will need parent volunteers to assist in carpooling girls both to and from the games. If anyone would like to be in charge of the carpool, please contact me.

EQUIPMENT: Team eye goggles and sticks are available for loan to new players. Players must purchase and provide their own remaining equipment to include mouth guards and gloves (optional). While equipment can be purchased from numerous sources, the closest retail stores are Sports Authority at Carmel Mountain Ranch and Pacific Lacrosse in Rancho Bernardo (11828 Rancho Bernardo Road).

QUESTIONS? For further information, contact Coach Wendy Fiehler at 760-504-5605/749-9739 or wfiehler@aol.com. Thank you!

**VALLEY CENTER GIRLS LACROSSE
2010 PLAYER INFORMATION FORM**

Player: First Name _____ Last Name _____

Mailing Address:

Street _____

City _____ Zip Code _____

Home Phone: _____

Cell Phone: _____

Player's US Lacrosse number (if already a member) _____

Player e-mail Address: _____

Parent e-mail Address: _____

(e-mail will be primary form of communication; we prefer e-mail addresses for both player and parents)

Grade in School ____ Date of birth _____

Parents Names and Contact Numbers:

Name(s): _____

Home Phone: _____ Cell Phone: _____

Work Phone: _____

Does your daughter have any medical or environmental allergies or conditions such as asthma that as coach I should be aware? _____

VALLEY CENTER GIRLS LACROSSE ETHICS IN SPORTS STATEMENT

I POLICY STATEMENT

The Valley Center Girls Lacrosse Teams are committed to the exhibition of sportsmanship and ethical behavior in and around all athletic contests and activities conducted under its sanction.

VCHS will not tolerate any form of violence during contests or activities conducted under its jurisdiction. VCHS has established rules and regulations, which set forth the manner of enforcement of this policy and the penalties incurred when violations take place. The player signed below agrees to abide by those rules whether known or unknown by the player. The player acknowledges his responsibility to become familiar with the rules and regulations.

The rules and regulations focus upon the responsibility of the coach to teach and demand high standards of conduct from the team's players.

II CODE OF ETHICS FOR PLAYER

The undersigned agrees to the following:

- A. Conduct oneself in a courteous fashion at all times
- B. Exercise self control
- C. Become familiar with the rules of the game and the rules and regulations of the VCHS
- D. Show respect to players, officials and coaches
- E. Refrain from the use of foul and abusive language or taunting of other players
- F. Respect the integrity and judgment of the game officials
- G. Refrain from the use of illegal and nonprescription drugs, steroids, or any substance intended to increase physical development or performance that is not approved by the US Food and Drug Administration, Surgeon General of the US, or the American Medical Association.
- H. Refrain from the use of alcoholic beverages

I have read and understand this Ethics In Sports statement and I understand there may be severe penalties for violating VCHS rules and regulations. I agree to abide by the policies and regulations of VCHS.

Player's signature _____

Date

Player's name (print) _____

Parent's signature _____

Date

Parent's name (print) _____

**VALLEY CENTER GIRLS LACROSSE
RELEASE OF LIABILITY AND ASSUMPTION OF RISK
AGREEMENT**

In consideration of being allowed to participate in the VCHS Lacrosse athletic sports program and its related events and activities, the undersigned acknowledges and agrees that:

1. There is a real risk of injury from athletic activities, particularly the events and activities regarding this program. Although particular rules, equipment and personal discipline may reduce this risk, the risk of serious injury, including permanent disability and death, does exist. The undersigned acknowledges and fully understands that each participant will be engaging in ACTIVITIES THAT INVOLVE RISK OF SERIOUS INJURY, INCLUDING PERMANENT DISABILITY AND DEATH, and severe social and economic losses which might result not only from his own actions, inactions or negligence of others, but also from the rules of play, or the condition of the premises or of any equipment used. Further, the undersigned acknowledges that there may be other risks not known to the VCHS lacrosse or not reasonably foreseeable at this time. THE UNDERSIGNED FURTHER ACKNOWLEDGES AND AGREES THAT HE IS NOW AND WILL REMAIN A MEMBER OF US LACROSSE AT ALL TIMES DURING HIS PARTICIPATION IN VCHS LACROSSE AND ITS RELATED ACTIVITIES AND EVENTS.
2. I KNOWINGLY AND FREELY ASSUME ALL THE RISKS, both known and unknown, OF PARTICIPATING IN LACROSSE ACTIVITIES, INCLUDING WITHOUT LIMITATION, PRACTICES, GAMES, CLINICS AND TRAVEL TO AND FROM SUCH ACTIVITY, EVEN IF ARISING FROM ANY NEGLIGENCE OF THE RELEASED PARTIES listed in No. 4 or others, and assume full responsibility for my participation.
3. I willingly agree to comply with the stated and customary terms and conditions of each organization for participation. If, however, I observe an unusual significant hazard during my presence or participation, I will remove myself from participation and bring such hazard to the attention of my coach immediately.
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next-of-kin, HEREBY RELEASE, WAIVE, DISCHARGE, COVENANT NOT TO SUE AND AGREE TO INDEMNIFY AND HOLD HARMLESS VCHS, VALLEY CENTER LACROSSE FOUNDATION and US LACROSSE, their respective directors, organizers, administrators, officers, agents, and/or employees, other participants, coaches, officials, sponsoring agencies, sponsors advertisers, and owners and lessors of premises used to conduct activities (each person or entity hereinafter referred to as a "Released

Party”), WITH RESPECT TO DEMANDS, LOSSES OR DAMAGES ON ACCOUNT OF ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR PART BY THE INDIVIDUAL OR COLLECTIVE NEGLIGENCE OF ANY OF THE RELEASED PARTIES OR OTHERWISE.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY:

Participants Name (Print): _____

Participants Signature: _____ Date:

FOR PARTICIPANTS UNDER AGE 18 AT TIME OF REGISTRATION: This is to certify that I, as parent/guardian, with legal responsibility for this participant, have read the above Release of Liability and Assumption of Liability Agreement (Agreement), and do consent and agree to his/her release as provided above, and hereby execute this Agreement for and on behalf of the participant. In addition, for myself, my heirs, assigns, and next-of-kin, I release and agree to indemnify and hold harmless each of the Released Parties from any and all liabilities incident to my minor child’s involvement and participation in events or activities, EVEN IF ARISING FROM THEIR NEGLIGENCE.

Parent/Guardian Name (Print): _____

Parent/Guardian Signature: _____ Date:

VALLEY CENTER GIRLS LACROSSE PROGRAM COST INFORMATION

The VCHS Girls Varsity and JV lacrosse programs are non-funded CIF school supported teams. This means that while we are fully recognized CIF teams, and supported by VCHS, we are not funded by VCHS.

Valley Center Lacrosse Foundation (www.vclacrosse.org), a non-profit organization, facilitates our funding through coordinated efforts of parent contributions, Foundation and girl's fundraising, sponsorships and community donations.

In past years, VCLF has been able to secure sponsorships from community businesses and San Pasqual and Rincon Luiseño Band of Indians, reducing the cost of the program for everyone. With this community support in mind, the approximate per girl portion to run our team is \$230.

Under no circumstances would a girl be turned away for non-payment. Nor would we want this aspect of our team to cause someone not to play. Other ways of contributing toward the team are to run and contribute to the snack bar, chair fundraising committees or help organize the Jaguar Auction Lacrosse table. To let you know, most other lacrosse programs fund their programs the same way. Lacrosse is the last sport to come to California at a time when many school districts either only partially fund or do not fund any portion of sports budgets. Typically, lacrosse teams charge \$350 to \$550 (or more if they travel) for a high school season plus \$75 to \$150 transportation fees. They have more players and more coaches and busses. We are fortunate to have a non-profit keeping our costs so low.

Your participation is crucial to allowing VCHS Lacrosse to succeed and continue. The following ways to contribute to the team are available and if the player is selected for one of the teams, we ask that your contribution be received in a timely manner. Many thanks in advance for your support of lacrosse in Valley Center. For corporate sponsorship forms, please contact VCLF at 760-751-9835 or www.vclacrosse.org.

_____ \$230 Check payable to VCLF

_____ \$ Donation payable to VCLF

_____ Fundraising, snack bar or Jaguar Auction

Signed by: _____

Signature: _____

Date: _____