

# North Seattle Lacrosse

## 2010 Registration Information

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- **2010 Registration**

Registration for the 2010 season runs from October 1 through October 31, 2009. We will register returning players first and then accept new player registrations in the order in which they are received. **The registration fee is \$200.00** for each player. If this fee is a hardship for your family, please apply for a grant or scholarship. To do, so please contact [president@northseattlelax.com](mailto:president@northseattlelax.com) for confidential consideration. Registration is considered complete when all required forms are received with payment. Space is limited and teams fill quickly. We will notify you of team placement or if we are in a wait list status as soon as possible.

- **Teams**

North Seattle Lacrosse (NSLAX) is experiencing healthy growth. This year we will offer five teams with three divisions by grade level (one team for 3rd & 4th grade, two teams for 5th & 6<sup>th</sup> grade and two teams for 7th & 8th grade) with 20 players on each team. Because our teams are growing, we have included requests for teammates on the registration form. NSLAX plans to create two balanced teams at both the 5/6 and 7/8 levels. However, we'll also try and honor these requests to play with specific teammates. ***No prior experience is required to play lacrosse.***

- **US Lacrosse Membership**

We obtain our insurance through US Lacrosse. They require that ALL players and coaches have current US Lacrosse memberships. If you need a membership or need to renew, please visit: [www.uslacrosse.org/membership/](http://www.uslacrosse.org/membership/)

- **Season and Expectations**

Practices start in February, with games beginning the first Saturday of March. Our season will consist of a total of 10 games and two bye weeks. Practices are an hour and thirty minutes two times a week, times depend on field availability. Because space is limited, we ask you to make Lacrosse your spring commitment. Your coaches expect your attendance to be better than 85% for practice and games. Please consider this before registering.

- **Uniforms and Equipment**

NSLAX will provide uniforms for each player for the 2010 season. Both the game jersey and penny are property of NSLAX and must be returned at the end of the season.

Players must provide their own playing and protective equipment. NSLAX has some equipment to loan. If you are interested, please make a request for equipment on the registration form. Once again we will honor requests on a first come, first served basis. Lacrosse is a contact sport and requires the following equipment:

Helmet (white is preferable)		Elbow pads
Shoulder pads	Mouth guard	Athletic protector cup
Lacrosse stick	Cleats	Gloves

- **Volunteers**

We are a growing organization which requires everyone to help make it run smoothly. This year we will include volunteering in the registration process so we can better utilize your talents. Like last year, every family will rotate turns scoring and timing all home games. In addition we will need help with equipment, fundraising, special events, and team parents. Brief descriptions are on the registration form, no experience necessary! Use the registration form to indicate your interest, please check your 1st and 2nd choice. Because we require every family to volunteer, registration is incomplete without it. We made the decision to expand the number of teams to insure a spot for your child. Now we are counting on you to support the teams.

NSLAX also needs to provide one parent (18 or older) referee per team. You will not referee your child's games, and only be scheduled for a "few" games. Training and pay are provided by WALOA.

Please forward any registration questions to [registration@northseattlelax.com](mailto:registration@northseattlelax.com)

Registration fees pay for coaches, referees, field time, equipment and uniforms. We are a non-profit organization.

# North Seattle Lacrosse 2010 Registration Form

Returning Player? YES NO Years Playing \_\_\_\_\_ Coach's Name \_\_\_\_\_

Requested Teammates 1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_

Player's Name (last, first): \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Parent(s) / Guardian(s): \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ WA Zip Code \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone#: \_\_\_\_\_

Parent's Email Address: \_\_\_\_\_

School: \_\_\_\_\_ Grade as of 3/1/10 \_\_\_\_\_

Player's Physician: \_\_\_\_\_ Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

**US LACROSSE MEMBERSHIP NUMBER:** \_\_\_\_\_

## Our family will help with:

- All families will help score and run the clock at games.
- Equipment: setting up scoring table's b/f or after home games, field maintenance.
- Special events: help with ice breaker (Jan) or end of year party (May)
- Fundraising: sell and distribute NSLAX gear
- Team parents: be the point person for you team
- On the field: helping the coach with practice and/or games
- I am interested in learning more about becoming a referee. We need 5 this year!

## A complete registration will have:

- \$200 Registration Fee *Payable to: North Seattle Lacrosse*
- 2010 Registration Form
- Head Injury Compliance Form
- Safety & Conduct Code
- Medical Auth, Insurance Info, & Hold Harmless
- Photo Permission Form
- Birth Certificate (new players only)

MAIL FORMS AND PAYMENT TO:

**NSLAX • C/O DENISE POHLMANN •  
4216 51ST AVE NE • SEATTLE, WA • 98105**

## EQUIPMENT & UNIFORMS

*(please circle)*

### Jersey size:

Youth XL Adult S Adult M Adult L Adult XL

### Shorts:

Youth M Youth L Youth XL

Adult S Adult M Adult L

**I am interested in borrowing the following equipment:**

LAX Stick  
Elbow Pads

Gloves  
Shoulder