



Terms & Conditions of Participation:

Lady Roc Lacrosse, Inc. (Lady Roc) is a not-for-profit company that is privately funded and operated while strictly adhering to the USILA code of conduct. The Directors and Coaches have sole discretion over all coaching decisions, and all matters pertaining to the opposing teams, their parents, their fans, our fans and referees.

The girls that play on Lady Roc teams are empowered to come to the coaches with any team concerns they may have such as, playing time, positions, politics amongst teammates, safety issues, good team behavior and attitude. We believe that helping them to be self-directed will aid them with their decision making skills and maturity.

The Lady Roc staff will not respond to voice mail, email or personal confrontations with parents, pertaining to the aforementioned items. We will instead always be available for the girls to discuss these items. Once they are discussed, if parental involvement makes sense, we will gladly work with parents to resolve and or improve the situation.

The coaches strive to be consistent and will make safety and having fun the priorities. However, we also seek to invest our time in players willing to work hard at improving their game.

The coaches will initiate and utilize some strategies and coaching schemes, designed to teach the players about how to be competitive for an entire game or for the duration of a tournament. This may include playing everyone as much as possible or it may mean playing a competitive team only.

Participation:

1. **To participate, you must have a current USILA ID Number for insurance purposes!** If you need one please go to www.uslacrosse.org and click on "Membership Information". The youth player fee is \$25.00 and a high school player fee is \$35.00.
2. **Participation form:** Fill out the form **COMPLETELY. Important Note:** Email Addresses are critical! Provide us with both parents' primary email addresses and the players email address if applicable. The vast majority of our communications happen via email!
3. Sign and date the completed forms. (There are 2 signature pages as well as the participation form to return – pages 2, 3 & 5).
4. Please fax the 3 pages to 585-218-7376 or mail to us at:

Lady Roc Lacrosse, Inc.
Attn: Chrissy Fitter
675 Panorama Trail, Ste. 11
Rochester, NY 14526

5. **Payment:** Please make your check payable to “Lady Roc Lacrosse, Inc.” and mail it to the above address.
- 2011 – 2015 GOLD TEAMS - \$950.00
 - YOUTH GOLD TEAM - \$600.00
 - 2012 – YOUTH PURPLE TEAMS: \$550

Please read the following two sections and sign in the appropriate spaces below:

1. Consent to play and liability release: I acknowledge Lacrosse is a high speed and contact sport, and that practice and games will involve contact. I am aware of no medical conditions or illnesses that could affect my child’s performance in practice or game situations. I also hereby give my permission to provide emergency medical assistance to my child in case of injury when I am not present. I also agree to indemnify and hold harmless Mr. Craig T. Stewart, Ms. Linda Michele and all other directors, coaches, sponsors, agents or volunteers, for any or all injuries damages, causes of action or civil claims for personal injuries or similar trauma incurred while participating in practice, games or while traveling with the team to tournaments.
2. By signing below I/we hereby unconditionally accept the aforementioned terms and conditions under which our child will participate as a member of one of LADY ROC’s women’s lacrosse teams.

Signature of Parent/Guardian

Date

Signature of Player

Date

Questions?

Please Contact:

Craig T. Stewart, Co-Director
Email: stewy@ladyroc.org

Chrissy Fitter, Administrator
Email: chrissy@ladyroc.org
Phone: 585-218-7378

Lady Roc Lacrosse, Inc.

675 Panorama Trail, Ste. 11
Rochester, NY 14625



LADY ROC Women’s Lacrosse Participation form

Player Information:

Name		Date of Birth	Age
Mailing Address			
City		State	Zip
Home Phone	Player Email Address – please print clearly		

School Information:

School	2009-2010 Grade	Graduation Year	District
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Lacrosse Information:

USILA #	Expiration Date	Level of Player: (Circle one) Youth Modified JV Varsity	No. of Years Playing
Uniforms: Shirt/Short Size:		Position to Play: (Circle <u>one</u>) A M D G	

Physician Info:

Name		Phone
Insurance Carrier	Policy Holder / Policy Number	
Allergies/ Medical Conditions/Medications Taken		

Parent Information:

Mothers Name	Cell Phone	Work Phone	Email Address – please print clearly
Fathers Name	Cell Phone	Work Phone	Email Address – please print clearly

Emergency Contact:

Name	Phone	Alternate Phone	Relationship to Player
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Other Information (experience, sister on team, anything we should know...)

USILA WAIVER AND RELEASE

- 1) **WAIVER AND RELEASE**: I am fully aware of and appreciate the risks, including the risks of catastrophic injury, paralysis and even death, as well as other damages and losses, associated with participation in a lacrosse event. I agree on behalf of myself, my heirs, and personal representatives, that US Lacrosse, the host organization and the sponsor or sponsors with respect to a Covered Event, together with coaches, officials, volunteers, employees, agents, officers and directors of the host organization and any such sponsors shall not be held liable for any injury, loss of life or other loss or damage as a result of my participation in a Covered Event. This Waiver & Release shall also be for the benefit of and run in favor of any youth organization that requires participants to become members of US Lacrosse as a condition to their participation in such organization's youth lacrosse events, which shall constitute Covered Events for purposes of this Waiver & Release, and any such youth lacrosse league shall constitute the host organization for such Covered Events.
- 2) **MEDICAL ATTENTION**: I hereby give my consent to US Lacrosse and the host organization of and Covered Event to provide, through a medical staff of its choice, customary medical/athletic training attention, transportation and emergency medical services as warranted in the course of my participation in Covered Events.
- 3) **READINESS TO COMPETE**: I will only participate in those Covered Events for which I believe I am physically and psychologically prepared to compete.
- 4) **INFORMATION CERTIFICATION**: I certify that all information provided by me in this application, including without limitation my membership category, is true, accurate and complete and I understand that any untrue, inaccurate or incomplete statement or information will automatically invalidate my membership and all the benefits of membership in US Lacrosse.
- 5) **CODE OF CONDUCT**: I agree to all terms on the reverse side of this form (refers to accepted US Lacrosse/Positive Coaching Alliance Code of Conduct).

For any participant who is not yet 18 years old: As legal parent or guardian of this participant, I hereby verify by my signature below that I fully understand and accept each of the above conditions for permitting my child to participate in a US Lacrosse sanctioned event and accept each of the above conditions, and especially the waiver and release set forth in paragraph one.

US LACROSSE AND THE POSITIVE COACHING ALLIANCE

Lacrosse is the oldest American sport. Native Americans played lacrosse centuries ago, long before our colonies were settled. Through lacrosse, Native Americans celebrated and emphasized their spiritual and cultural values.

In an effort to promote appropriate values in the modern game, US Lacrosse has partnered with the Positive Coaching Alliance to promote positive coaching and good sportsmanship at all levels of lacrosse. US Lacrosse has included the following "Lacrosse Code of Conduct" as part of its membership application to encourage and foster appropriate values in players, coaches, parents, officials and spectators. US Lacrosse believes that it should be a priority of every lacrosse player, team, program and league to "Honor the Game".

US LACROSSE CODE OF CONDUCT

Players, coaches, officials, parents and spectators are to conduct themselves in a manner that "Honors the Game" and demonstrates respect to other players, coaches, officials, parents and fans. In becoming a member of the lacrosse community an individual assumes certain obligations and responsibilities to the game of lacrosse and its participants. The essential elements in this "Code of Conduct" are HONESTY and INTEGRITY. Those who conduct themselves in a manner that reflects these elements will bring credit to the sport of lacrosse, themselves, their team and their organization. It is only through such conduct that our sport can continue to earn and maintain a positive image and

make its full contribution to amateur sports in the United States and around the world. US Lacrosse supports the following behaviors for those who participate in the sport or are involved in any way with US Lacrosse. The following essential elements of the "Code of Conduct" must be followed:

- Sportsmanship and teaching the concepts of fair play are essential to the game and must be taught at all levels and developed both at home and on the field during practices and games.
- The value of good sportsmanship, the concepts of fair play, and the skills of the game should always be placed above winning.
- The safety and welfare of the players are of primary importance.
- Coaches must always be aware of the tremendous influence they have on their players. They are to strive to be positive role models in dealing with young people, as well as adults.
- Coaches should always demonstrate positive behaviors and reinforce them to players, parents, officials and spectators alike. Players should be specifically encouraged and positively reinforced by coaches to demonstrate respect for teammates, opponents, officials and spectators.
- Players should always demonstrate positive behavior and respect toward teammates, opponents, coaches, officials, parents and spectators.
- Coaches, players, parents and spectators are expected to demonstrate the utmost respect for officials and reinforce that respect to players/teammates. Coaches are also expected to educate their players as to the important role of lacrosse officials and reinforce the ideal of respect for the official to players/teammates.
- Grievances or misunderstandings between coaches, officials or any other parties involved with the sport should be communicated through the proper channels and procedures, never on or about the field of play in view of spectators or participants.
- Officials are professionals and are therefore expected to conduct themselves as such and in a manner that demonstrates total impartiality, courtesy and fairness to all parties.
- Spectators involved with the game must never permit anyone to openly or maliciously criticize, badger, harass or threaten an official, coach, player or opponent. **If this type of event occurs, we reserve the right to require the offending fan/parent to leave the location or we will be subjected to a forfeit. If we pay fees for a tournament and travel to only have this occur Lady Roc Lacrosse, Inc will also seek damages from the offending adults, including potential civil liability. This is not a minor ISSUE; we will not tolerate people abusing referees, players or coaches that we are competing against.**
- Coaches must be able to demonstrate a solid knowledge of the rules of lacrosse, and should adhere to the rules in both the letter and the spirit of the game.
- Coaches should provide a basic knowledge of the rules to both players and spectators within his/her program. Attempts to manipulate rules in an effort to take unfair advantage of an opponent, or to teach deliberate unsportsmanlike conduct, is considered unacceptable conduct.
- Eligibility requirements, at all levels of the game, must be followed. Rules and requirements such as age, previous level of participation, team transfers, etc, have been established to encourage and maximize participation, fair play and to promote safety.

SIGNATURE OF PARENT / GUARDIAN

DATE

PRINTED NAME OF PARENT/GUARDIAN