



# JUNIOR LACROSSE

## Spring 2009

The Lacrosse Club of Montclair is dedicated to the support and promotion of lacrosse in Montclair. The focus of the Junior Lacrosse program is to develop the character and fundamentals of each player by emphasizing practice and drill. Our objective is to prepare players to continue the winning tradition of Montclair High School lacrosse.

The junior program fields teams from 3<sup>rd</sup> – 8<sup>th</sup> grade. The 3<sup>rd</sup> – 4<sup>th</sup> grade teams will practice on Saturday mornings and focus on developing fundamentals (throwing, catching, ground balls) and fostering a “love of the game”. The 5<sup>th</sup> – 8<sup>th</sup> grade teams are exclusively travel programs. The 7<sup>th</sup> and 8<sup>th</sup> grades will continue to field two teams allowing players to gain game experience against competition that matches their skill level. We strongly believe that the future of Montclair Lacrosse will come from the depth that the two-team system provides.

In addition to the regular season, Rob McOmish, the High School Assistant Varsity Coach and Director of Big 5 Lax ([www.big5lax.com](http://www.big5lax.com)), will help the 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> graders prepare for the Future Legends Tournament in Boonton, New Jersey on June 27<sup>th</sup>. This preparation will include practices from the end of the regular season up to the tournament. Additionally, Coach Rob will be on the sidelines at the Future Legends with the respective regular season 6<sup>th</sup>, 7<sup>th</sup> or 8<sup>th</sup> grade coach.

We are fortunate in that we have: a dedicated group of volunteer coaches; access to field space at Fortunato Field (aka the Cage or the Fort) and Anderson Park and support from the School Board, Athletic Director and High School Boys and Girls coaches. What we need is:

- New participants at all levels (spread the word, bring friends)
- Help with communication (please notify the head coach after the team's first practice)
- Assistance with transportation to and from games and practices
- Positive team support
- Encouragement of your child to practice on their own – that is how the good ones become great!

Please complete the attached Montclair Junior Lacrosse and US Lacrosse forms and provide one check or money order payable to **The Lacrosse Club of Montclair**.

**Mail:**

The Lacrosse Club of Montclair  
c/o Bobby Bowers  
8 Clinton Avenue  
Montclair, NJ 07042  
(201) 207-3408

**In Person Sign-up:**

**9:00am – 12:00pm on February 21st**

Multi-Purpose Room at Furlong Field House  
Woodman Field  
Essex Avenue

# MONTCLAIR JUNIOR LACROSSE

MEMBER OF THE UNITED STATES LACROSSE ASSOCIATION®

## SPRING 2009 REGISTRATION FORM

**OPEN TO ALL MONTCLAIR RESIDENT BOYS 3<sup>rd</sup> THROUGH 8<sup>th</sup> GRADE**  
**ALL SKILL LEVELS – NO EXPERIENCE NECESSARY**

**REGISTRATION:** Please complete the Montclair Junior Lacrosse form below and complete the attached US Lacrosse form and provide one check or money order payable to The Lacrosse Club of Montclair. Send to:

The Lacrosse Club of Montclair, c/o Bobby Bowers, 8 Clinton Avenue, Montclair, NJ 07042

**SCHEDULE:**

<u>GRADE</u>	<u>FIRST PRACTICE</u>
5 <sup>th</sup> – 8 <sup>th</sup> GRADE	Saturday, March 14 time - TBD
3 <sup>rd</sup> – 4 <sup>th</sup> GRADE	Saturday, March 28 time - TBD

Locations to be determined and will be communicated via email and on our website: [www.montclairlacrosse.com](http://www.montclairlacrosse.com)

Travel Team practice & game schedules available on or around April 1<sup>st</sup>

**FEE:**

6 <sup>th</sup> - 8 <sup>th</sup> Grade		5 <sup>th</sup> Grade	3 <sup>rd</sup> - 4 <sup>th</sup> Grade and all first year players
with Legends Tournament June 27th	without Tournament June 27th		
\$ 525.00	\$ 275.00	\$ 275.00	\$ 150.00

**FEE INCLUDES: US Lacrosse membership (attached form), insurance, uniforms, etc.**

**EQUIPMENT:** Players need to have their own equipment: lacrosse stick and helmet, mouth guard, shoulder pads, arm pads, gloves, and athletic cup. (No hockey helmets.) Cleats are recommended for grass play. Dress appropriately for the prevailing weather.

For additional information, please contact: Bobby Bowers (201) 207-3408 or Tom Schmitt (973) 783-0880.

**IMPORTANT: Please fill out this form below in addition to the attached US Lacrosse membership form and mail in together with your payment. One form per player please.**

Player's Name: \_\_\_\_\_ School Name: \_\_\_\_\_

Address: \_\_\_\_\_ Grade: \_\_\_\_\_

Phone: \_\_\_\_\_ Birth date: \_\_\_\_\_

Parent's/Guardian's name(s): \_\_\_\_\_ PARENT WILL HELP W/ TEAM: \_\_\_\_\_

E-mail: \_\_\_\_\_

For 8 <sup>th</sup> Grade ONLY		
Please indicate intended High School		
MHS	Other	Undecided

Emergency contact (Cell phone, etc.): \_\_\_\_\_

I, THE PARENTAL /LEGAL GUARDIAN OF THE ABOVE NAMED PLAYER, HEREBY GIVE MY PERMISSION FOR MY CHILD TO PARTICIPATE IN ANY AND ALL ACTIVITIES THROUGHOUT THE 2007 MONTCLAIR JR. LACROSSE SEASON. I ASSUME ALL RISKS AND HAZARDS INCIDENTAL TO SUCH PARTICIPATION INCLUDING TRANSPORTATION TO AND FROM ALL ACTIVITIES. I ALSO AGREE TO WAIVE, RELEASE, ABSOLVE, INDEMNIFY, AND HOLD HARMLESS THE MONTCLAIR ORGANIZERS, SUPERVISORS, COACHES, PARTICIPANTS AND PERSONS TRANSPORTING MY CHILD TO AND/OR FROM MONTCLAIR EVENTS FROM ANY CLAIM OR ACTION ARISING FROM ANY INJURY TO MY CHILD. FINALLY, I AGREE TO ABIDE BY THE MONTCLAIR PARENT'S CODE OF CONDUCT & TEAM RULES AT ALL MONTCLAIR SPONSORED EVENTS AND WILL ACCEPT DISCIPLINARY ACTION TAKEN AGAINST ME AND/OR MY CHILD FOR DUE CAUSE.

Parent or Legal Guardian's Signature: \_\_\_\_\_ Date \_\_\_\_\_

**REGISTRAR'S USE ONLY:**

DATE: \_\_\_\_\_ CHECK #: \_\_\_\_\_ CASH: \_\_\_\_\_ OTHER: \_\_\_\_\_



Member ID# (if renewing and known) \_\_\_\_\_ circle one: **Male** **Female**

Name: \_\_\_\_\_ D.O.B.: \_\_\_\_\_

Mailing address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home phone: (\_\_\_\_) \_\_\_\_\_ Email address: \_\_\_\_\_

\* Ensure you get all benefits by maintaining a current email address.

**STEP 1 - Select your membership category based on your age**

- \_\_\_ Youth: 15 and under - not H.S. player .....\$25
- \_\_\_ High School: 18 and under.....\$35
- \_\_\_ Adult: Ages 18+.....\$50

**STEP 2 - Select all categories where you participate:**

(You must identify each category of participation to obtain insurance coverage for that category. There is no additional charge for multiple categories)

**PLAYER**

**COACH (Check all that apply)**

- |   |   |
|---|---|
| Men's   | Women's   |
| <input type="radio"/> Youth                       | <input type="radio"/> Youth                       |
| <input type="radio"/> HS Assistant for JV/Varsity | <input type="radio"/> HS Assistant for JV/Varsity |
| <input type="radio"/> HS JV Head Coach            | <input type="radio"/> HS JV Head Coach            |
| <input type="radio"/> HS Varsity Head Coach       | <input type="radio"/> HS Varsity Head Coach       |
| <input type="radio"/> HS Club                     | <input type="radio"/> HS Club                     |
| <input type="radio"/> College Club                | <input type="radio"/> College Club                |
| <input type="radio"/> College Assistant           | <input type="radio"/> College Assistant           |
| <input type="radio"/> College Varsity Head        | <input type="radio"/> College Varsity Head        |
| <input type="radio"/> Post-Collegiate Club        | <input type="radio"/> Post-Collegiate Club        |

\*For information on becoming a CEP certified coach please visit: [www.uslacrosse.org/cep](http://www.uslacrosse.org/cep).

**OFFICIAL (Check all that apply)**

- |                                       |                                  |
|---------------------------------------|----------------------------------|
| Men/Boys'                             | Women/Girls'                     |
| <input type="radio"/> Youth           | <input type="radio"/> Youth      |
| <input type="radio"/> High School     | <input type="radio"/> Apprentice |
| <input type="radio"/> Post-Collegiate | <input type="radio"/> Local      |
- If you are a college official or assignor, contact US Lacrosse for the appropriate form.
- If your umpire level is district or higher, contact US Lacrosse for the appropriate form.

Enter your District Number \_\_\_\_\_ Enter your Local Board \_\_\_\_\_

(Contact US Lacrosse if you do not know your district or board.)

All official category memberships expire 9/30, regardless of date joined.

Officials and coaches receive one rulebook complimentary and may purchase additional rulebooks at \$8 each. Please indicate number for each type:

- |   |                            |
|---|----------------------------|
| ___ Men's NCAA  | ___ Women's NCAA           |
| ___ Men's HS/Youth (Federation)                             | ___ Women's HS/Youth (USL) |
| Total additional rulebooks purchased _____ @ \$8 each _____ |                            |

**FAN** (for members who do not participate as a player, coach or official)

**Chapter Information:** A portion of your dues will be paid to your local Chapter covering your zip code, unless you indicate a different Chapter here (see website for listing):

**Charitable Information:** Please consider a tax-deductible gift to support the growth of lacrosse nationwide!  
US Lacrosse Fund \$ \_\_\_\_\_ Your total Fee \$ \_\_\_\_\_

**STEP 3 - Complete your payment information**

**Payment Information:**

- Check Enclosed (payable to US Lacrosse)
- Credit Card Card Number: \_\_\_\_\_  
Expiration Date: \_\_\_\_\_ / \_\_\_\_\_  
Name on Card (if different than above): \_\_\_\_\_  
Address (if different than above): \_\_\_\_\_

**STEP 4 - Please sign waiver to the right**

**ENROLLMENT FORM AND MEMBER AGREEMENT**

**Insurance Information**

All categories except "Fan" include comprehensive secondary lacrosse insurance and must sign below. Insurance information, including claim forms, can be found on our website: [www.uslacrosse.org](http://www.uslacrosse.org).

**Signature Required for Acceptance of Membership**

In consideration of my membership in US Lacrosse, and my participation in US Lacrosse sanctioned, recognized or sponsored events ("Covered Events"), I agree to the following:

- 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 any Covered Event to provide, through a medical staff of its choice, customary medical/athletic training attention, transportation and emergency services as warranted in the course of my participation in Covered Events.
- 3. Readiness to Compete:** I will only participate in those Covered Events in 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 of 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).

**Participant Primary Medical Insurance Carrier is:**

\_\_\_\_\_

Policy Number: \_\_\_\_\_

If participant is under 18, then a parent or legal guardian of this participant must sign.

As member, or as parent or legal guardian of a member under 18, I hereby verify by my signature below that I fully understand and accept each of the above conditions.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Printed Name of signor: \_\_\_\_\_

**Membership is annual and non-refundable**

We suggest you renew online for the fastest and most efficient process:  
[www.uslacrosse.org](http://www.uslacrosse.org).

# US LACROSSE

## Code of Conduct

### 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 for 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, spectators 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.
- + 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.

**For more information call: 410.235.6882 x102**

#### To renew, choose one of the following:

Mail to: 113 West University Pkwy • Baltimore, MD 21210-3300

Fax to: 410.843.0390

Log on to: [www.uslacrosse.org](http://www.uslacrosse.org)