

Checklist for Playing on the PCHS Girl's 2007 Lacrosse Team

All of the following are **required** to participate on the PCHS Varsity and JV Teams. You will not be able to attend practices or play in any games unless **all** conditions are met. You must register at **all** 1st 2nd 3rd locations No exceptions will be made.

___ 1st **US Lacrosse Membership.** Most of you are already members. If not, there is a link for US Lacrosse when you register with the Utah Lacrosse Organization. If you do not know your US Lacrosse membership number, you can search for it on www.utahlax.org homepage in the left column. Fees are based on your age at the time you register. Membership is valid for one year.

* High School Player Fee = \$35.00

___ 2nd **Register with the Utah Lacrosse Organization** by going to www.utahlax.org. Registration starts December 16, 2006. Late fee starts March 1, 2007. **Deadline is March 4, 2007.** The cost is \$107.00.

To complete registration online you will need the following:

- * Visa or Mastercard
- * Current US Lacrosse Membership
- * Primary Insurance and Policy Number

___ 3rd **PCHS Team Fee:** \$200.00 payable to PCLO. See payment form. Forms and payments go to Peg Anderson. This, along with the PCLO fundraiser, pays for our coaches, goalie equipment and indoor practice space in winter, game and practice fields during the season and some transportation.

___ **Uniform:** You will be **required** to purchase a long sleeve black turf gear shirt to wear under your jersey (for cold weather) one size up, and **black compression (spandex) shorts.**

___ **Uniform: Black turf leggings (not sweat pants) are also suggested,** spring weather conditions can be unpredictable. **Lacrosse gloves are also suggested.** You will need to purchase the items yourself. Possible sources are Tribal West Lacrosse in Salt Lake at (801)201-0880, Face Off Lax in Salt Lake at (801)485-4567 or visit Longstreth at www.longstreth.com

___ **PCHS CLUB CONTRACT** must be signed and returned to Peg Anderson.

___ **ULA PLAYER CONTRACT** must be signed and returned to Peg Anderson.

___ **MEDICAL RELEASE FORM** must be signed and returned to Peg Anderson.

___ **EQUIPMENT:** Regulation woman's lacrosse stick, cleats (Outdoor), sports shoe (Indoor), goggles (Red eyewear required) and mouth guard (Colored required). You will be required to have this equipment at **ALL** practices and games. If you do not, you **WILL NOT** participate.

___ **A Permanent Email Address** must be given to PCLO so we can provide current information on a timely basis regarding practices and games. Current information is also available on Park City Lacrosse website, www.parkcitylax.org

___ **Participation in the fundraising project is mandatory.** Please be sure to sign up for your assignment. Please contact Karen Emerson for details.