



Checklist for Playing on the PCHS Girl's 2010 Lacrosse Team

All of the following registrations and payments 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 and pay for all items 1-5 on this list. No Exceptions.

#1___ Register with US Lacrosse

High School Player Membership Fee - **\$35.00** / Get or renew your membership at www.uslacrosse.org
Memberships is valid for one year: Must be valid thru **May 31st 2010**

#2___ Register with the Utah Lacrosse Association (ULA)

High School Player Fee - **\$112.00** / Resister online at www.utahlax.org [Visa or MasterCard](#)
Registration Opens December 15th 2009 – Registration Closes February 16th 2010.

#3___ Register with Park City Lacrosse Organization (PCLO)

PC Lacrosse Team Fee - **\$380.00** / Register online at www.parkcitylax.org [Visa or MasterCard](#)
Registration Opens December 15th 2009 – Registration Closes February 16th 2010.

PCLO team fee, along with the PCLO fundraiser, pays for our coaches, team spirit pack, use of game jerseys & pinnies, field equipment, indoor practice space, game & practice fields during the season.

#4___ Pre-Season Conditioning January & February at New Park Field House

1 Month Pass for **Jan** and **1 Month Pass** for **Feb** at Basin Recreation Field House, **1 Month Pass \$30.00**
(Ask for the PCHS Girls Lacrosse Team Discount rate of \$30) Pre-Season Conditioning-Starts January 4th to March 4th 2010 - Each player will be **required** to purchase, **two - 1 month passes** to the New Park field house, for the up-stairs track & weight room.

#5___ All New or First Year Players to the PCHS Lacrosse Program

New Player Uniform Fee - **\$50.00** / **Check or Cash, Payable to (PCLO) Team Uniform Fee**

The uniform fee is to help reimburse the PCHS girls lacrosse program for team uniforms.

This fee is only for new upper-classmen or freshmen that have **never played** on the PCHS lacrosse team.

Additional Requirements for PCHS Girl's 2010 Lacrosse Team

Form Packet - All seven (7) forms must be signed by Parents & Players,

Below is a list of required forms

ULA Girls Contract - ULA Medical Release - ULA Parent Contract

PC Lax Parent/Athlete Agreement - PC Lax Medical Waiver - PC Lax Acknowledgement/Agreement

PCHS Club Agreement

Complete & Returned all Forms ASAP to (Glen Shurtleff – 3830 Lariat Rd. Park City UT. 84098)

Team Uniform –

PCLO will Loan 2 sets of game uniforms & practice pinnie for the season.

The **uniforms belong to PCLO**, not to the players. Uniforms must be returned to **Ginny Queri** **immediately** after the last game of the season. **Failure** to return Uniform, or any part of, parents will be invoiced \$200.00.

Additional Uniform Requirements –

Players will be **required** to purchase a long sleeve **black turf gear shirt** to wear under your jersey (for cold weather games) one size up, and **black compression (spandex) shorts**. Black spandex leggings are suggested (**No Sweat Pants**), spring weather conditions can be unpredictable. Lacrosse gloves are also suggested. You will need to purchase these items yourself. Possible store is Sports Authority.

Equipment –

Regulation woman's lacrosse stick, **Cleats** (Outdoor), sports shoes (Indoor), Goggles (Eyewear), 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.

Christmas tree Fundraiser –

Players / Parents Participation in the fundraising project is MANDATORY.

Be sure to sign-up for your fundraising job.

Please contact **Ginny Queri**, 435-513-1057- ginny@michaelsutter.com for details on your **responsibility**.

Team Tryouts –

Friday, Jan 8th 6-8pm. And **Saturday, Jan 9th 4-6pm.** at Basin Recreation, New Park Field House

Spring Break –

Expect Practice/Games, last half of the spring break. April 7th, 8th, 9th, 10th, 2010

Playoff Games Start - May 6th

All-Star Game – May 14th

State Championship Game – May 15th

