



## 5th Grade

### Garden City Rams Boys Lacrosse Registration

### **FOR SPRING SEASON 2009**

**Eligibility:** Participation is open to all boys in the 5th Grade who reside in Garden City or who attend school in Garden City.

**Total Cost:** \$195. This includes 1) the Registration fee of \$100 per player; 2) a \$25 U.S. Lacrosse Membership which provides insurance and is required and 3) a \$70 uniform expense. The entire 5th grade will receive new Jerseys and Shorts this year patterned after the G.C. Varsity squad.

**PLEASE:**

1- Complete the G.C. Rams Registration Form;

2- Complete the US Lacrosse Enrollment Form;

PLEASE DISREGARD STEP 3 on the U.S. Lacrosse form.

Your U.S. Lax fee is already included with your Rams Registration Fee.

Please do not apply online or send the form to US Lacrosse.

3- **PROVIDE A COPY OF THE PLAYER'S BIRTH CERTIFICATE-**

This is a league requirement and you must provide it even if you supplied one in the past;

4- Make your check payable to Garden City Rams Lacrosse in the amount of \$195.

**Please mail the check, copy of the Birth Certificate and completed forms to G.C. Rams Lacrosse, P.O. Box 9, Garden City NY 11530.**

The 5th Grade participates in the Nassau County PAL League. We play each Sunday in the spring against other towns in Nassau County. All players wishing to participate will be included. Half the games will be at Home at St. Paul's, half will be at the town of the opponent such as Manhasset, Cold Spring Harbor, Massapequa and Wantagh, etc. There will also be some practices on other days of the week. Optional Travel Tournaments will be offered separately to all interested in more lacrosse. Past venues have included Long Beach, Floral Park and The Jay Gallagher-Garden City.

Full Equipment is required to participate: Stick, Gloves, Helmet with mouth guard, Shoulder Pads, Arm Pads, Athletic Supporter with Protective Cup and Rubber Sole Cleats. *Local Vendors include: Olympic Den of Franklin Square; Lacrosse Unlimited of East Meadow; Lax Hut of Massapequa and Huntington.*



## GC RAMS BOYS LACROSSE

### Spring 2009 Registration Form – 5th Grade

Player's Name \_\_\_\_\_

Jersey Size \_\_\_\_\_ Shorts Size \_\_\_\_\_ (YS, YM, YL, AS, AM, AL, AXL)

Player's Jersey Number (if a returning player) \_\_\_\_\_

Grade \_\_\_\_\_ D.O.B. \_\_\_/\_\_\_/\_\_\_ School Name \_\_\_\_\_

Home Address \_\_\_\_\_

Mother's Name \_\_\_\_\_ Father's Name \_\_\_\_\_

Contact Phone (Home) \_\_\_\_\_ (Mobile) \_\_\_\_\_

E-Mail Address (please Type or Print) \_\_\_\_\_

2<sup>nd</sup> Additional E-Mail (optional) \_\_\_\_\_

**Note: Separate forms and checks are needed for each player**

**Please make checks payable to G.C. Rams Lacrosse for \$195.00**

**Forms and checks may be dropped off in person on Registration Day or mailed to:**

**The G.C. Rams, P.O. Box 9, Garden City NY 11530**

**Equipment Policy-** All players must have the following lacrosse equipment before they will be permitted to participate: Stick, Gloves, Helmet with attached mouth guard, Shoulder Pads, Arm Pads, Athletic Supporter with Protective Cup and Rubber Sole Cleats. See Instruction sheet for vendor information.

I grant permission for the individual named above to participate in all activities, athletic or otherwise, sponsored by the Garden City Rams Boys Lacrosse Program, Inc ("Garden City Rams") and release Garden City Rams, its coaches, volunteers, employees, agents, officers, directors and the Nassau County Police Athletic League ("PAL") from responsibility for any injury, loss of life or other loss or damage as a result of participation in any activity of the Garden City Rams or the PAL. I understand that the Garden City Rams and the PAL do not provide medial staff at events. I further certify that the individual named above is in good health, and able to play in all lacrosse activities.

X \_\_\_\_\_  
Parent's Signature Date

### PATRONS WELCOME

**The Rams are a qualified tax deductible, non-profit program. Contributions for any amount for the children are deeply appreciated. If you would like to make a donation, kindly indicate your name and the amount below. Please make a separate check payable to G.C. Rams Lacrosse. Many thanks.**

Name \_\_\_\_\_ Amount \$ \_\_\_\_\_



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)