

GIRLS LACROSSE

SUMMER ATHLETIC CONDITIONING CAMP - JULY 27 - 31

The Trabuco Hills Girls' Lacrosse Summer Camp is designed for new and returning players. During this week long camp, all girls will be introduced to the fundamentals of lacrosse, conditioning, and game situations to prepare all athletes for tryouts in early February. This is an opportunity for all athletes to learn this new sport so they are prepared for competition in the spring.

NO EXPERIENCE REQUIRED

RETURNING LACROSSE PLAYERS

WHERE: Trabuco Hills Stadium

TIME for RETURNERS: ... 8:00-10:00am

WHAT TO BRING: lacrosse stick, goggles, colored mouth guard, water

COST: \$25.00 (checks payable to SVUSD)

NEW LACROSSE PLAYERS

WHERE: Trabuco Hills Stadium

TIME for NEWCOMERS: ... 9:40-11:40am

WHAT TO BRING: lacrosse stick, goggles, colored mouth guard, water

NEED EQUIPMENT?: we do not have team equipment, but there are a few players who are willing to let new girls borrow their sticks.

COST: \$25.00 (checks payable to SVUSD)

To register, please mail the lower portion of this form and send a check (payable to SVUSD) to:

**Trabuco Hills High School
Attn: Girls' Lacrosse - Mr. Mann
27501 Mustang Run
Mission Viejo, CA 92691**

If you have any questions, then please feel free to email or call Mr. Mann (scott.mann@svusd.org, 949-768-1934, trabucolacrosse.wordpress.com)

In order to plan for this summer camp, please have your registration form submitted by **Monday, June 15, 2009**. Please be certain to have a **Physical Screening** on file with the school before the camp begins or you may not participate. THHS suggests for student to have their physical screenings completed at South Coast medical, but other locations are permissible.



GIRLS LACROSSE REGISTRATION FORM

Name _____

Address _____

Phone _____ Email _____

Parents Names _____

Grade (Fall 2009): 9th 10th 11th 12th

Camp Level (circle one): Beginner (no experience)

Returning Players (or club)



GIRLS LACROSSE - FREQUENTLY ASKED QUESTIONS

My daughter has been playing lacrosse for years and I feel she is better off attending a camp elsewhere.

In addition to practicing and refining valuable lacrosse skills, players should use this camp to build team chemistry. This is a chance for experienced girls to exercise leadership skills and to help improve the program as a whole. It is also beneficial for any experienced player to find a college camp that interests them as well.

I have never seen the sport of Girls' Lacrosse and do not know what to expect.

Girls' Lacrosse involves a similar amount of running as in soccer, combined with the offensive and defensive fundamentals taught in basketball, with the hand eye coordination of hockey or tennis. This sport is not physical like Boys' Lacrosse. Soccer and basketball have more physical contact than Girls' Lacrosse.

I have never played lacrosse, how can I expect to learn a new sport?

Every year, we have girls who tryout for lacrosse and not only make the team, but become impact players at every level. There are many girls who came out to play lacrosse and end up being starters on the Varsity team in their first year. Besides girls with lacrosse playing experience, we have had impact players who only had experience in soccer, basketball, cross country, tennis, golf, or hockey.

What if I am not certain I will like lacrosse and I don't wish to invest in the equipment?

While it is important for each student-athlete to have their own equipment (e.g. softball:glove, hockey:stick, tennis:racket, or golf:clubs), I understand money might prevent a girl from trying something new. Please do not hesitate to contact Coach Mann to see if the team might have a stick you can borrow for the week. A few players have additional equipment they may be willing to share.

Where can I find some lacrosse equipment for this camp?

South Swell Sports in Laguna Woods and Lax Monkey (within Hawk Hockey) in Santa Ana are your best stores. Equipment may also be purchased online from Harrow Sports through the Trabuco Hills Team Store. Sports Chalet has a limited quantity of sticks and goggles.

I am interested in playing lacrosse, but part of the camp conflicts with another camp or my family's vacation.

Attend for as many days as possible. There is no replacement for the interaction you will have with the lacrosse team, but sometimes conflicts exist. Learning the skills taught in one day is much better than nothing at all. This will also provide you with the opportunity to practice with the girls who you will play lacrosse with in the spring and you will get to know the coaches as well.

This camp is only one week long, how can they possibly learn the sport of lacrosse?

Most camps spend a majority of the time conditioning. The purpose of this camp is to focus on lacrosse fundamentals to prepare girls to play competitive lacrosse. Our short amount of time is used to develop lacrosse skills including stickwork, shooting, and defense related to the team.

If I really want to learn more about lacrosse, shouldn't I attend a lacrosse camp hosted by a local university instead?

Attending as many clinics and camps as possible is definitely important to student-athletes developing into strong lacrosse players, but there is no replacement for learning to work with the girls who are a part of the Trabuco Hills Lacrosse Program.

Finally the skills learned at this camp will help students to understand the importance of a positive team atmosphere and will prepare athletes for other sports in the fall as well.

NOTE:
NO REFUNDS WILL BE GIVEN

Physical Completed: _____

**SADDLEBACK VALLEY UNIFIED SCHOOL DISTRICT
SUMMER HIGH SCHOOL ATHLETIC PARTICIPATION FORM "B"**

STUDENT _____
Last First Middle Initial

SCHOOL _____ ACTIVITY _____

BIRTHDATE _____ GRADE _____

PARENT/GUARDIAN _____ TELEPHONE _____

ADDRESS _____
Street City Zip Code

FATHER'S PLACE OF BUSINESS _____ TELEPHONE _____

MOTHER'S PLACE OF BUSINESS _____ TELEPHONE _____

In the absence of a parent, please call the following person(s) in case of illness or accident:

Name	Relationship	Home Phone	Work Phone
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TO BE COMPLETED BY PARENT:

TRAINER CONSENT: I give permission for the Athletic Trainer to administer immediate first aid, follow-up treatment and rehabilitation when appropriate in his/her professional judgment as approved by the consulting physician. () YES () NO*

TREATMENT CONSENT: Should my son/daughter be injured, the school supervisor has my permission to secure on-the-spot medical treatment (the parent/guardian will be contacted as soon as possible for direction) and I will be responsible for payment of medical services rendered. In addition, I am aware of Education Code Section 35330 which provides that all persons making a field trip or an excursion are deemed to have waived all claims against the District or the State of California for injury, accident, illness, or death occurring during or by reason of the trip or excursion. () YES () NO*

TRANSPORTATION: I give permission for my son/daughter to be transported to events that may require the use of private cars. These cars may be driven by a staff member, parent, or by the athlete driving alone in their own vehicle. The District requires proof of automobile insurance and driver's license. () YES () NO*

*If your answer is no, please advise the school as to what action you would like to be taken.

ACTION TO BE TAKEN _____

INSURANCE:

- A. My son/daughter is covered for this athletic activity under our Health/Medical Plan which provides minimum coverage, as required by Education Code Section 32221. Contact school office for copy of education code.
Name of Company _____ Policy Number _____
- B. I have school insurance on file. School Insurance Plan: _____
- C. WARNING: We realize there is a possibility that a child may suffer severe injuries, including permanent paralysis or death, as a result of participating in athletic activities.
- D. Under penalty of perjury the undersigned residents of California state that they are the parents, guardians or other person having legal custody of the minor.

RESIDENCY:

C.I.F Southern Section states that students may only attend the Summer Conditioning Program at the high school where they are enrolled.

DATE

SIGNATURE OF PARENT/GUARDIAN

SIGNATURE OF STUDENT