

Registration Packet

Please read carefully.

Albemarle Girls Lacrosse League (AGLL)

Philosophy: The AGLL is a teaching league for girls interested in learning about and playing competitive lacrosse. Each girl is expected to attend all practices and games. Each girl will play in every game. The coach's responsibility is to plan practices and games so that the girls learn the fundamental skills of lacrosse and have fun.

Sportsmanship: All players, coaches, parents, and spectators are expected to demonstrate appropriate conduct at all times. This "code of conduct" is outlined below.

Player's Code of Conduct:

Let the coaches do the coaching.

Support and root for all team members. Work as a team.

Talk with the coach if you are having a problem or can't make a practice/game.

Understand and display appropriate game behavior and good sportsmanship (winning without gloating, losing without complaining).

Treat teammates, coaches, opponents and officials with respect, avoiding put-downs, ridicule, or sarcasm, on the field, and off.

Have fun. Laugh and keep a sense of humor, on the field and off.

Coach's Code of Conduct:

Be a role model for your players. Practice good sportsmanship. Understand and display appropriate game behavior (winning without gloating, losing without complaining).

Treat all players, opponents and officials with respect, avoiding put-downs, ridicule, or sarcasm, on the field, and off.

Emphasize teamwork.

Praise your players just for participating. Remain calm when players make a mistake. Help them learn from their mistakes

Remind players not to get down on themselves when a mistake is made, on the field or off.

Have fun. Laugh and keep a sense of humor, on the field and off.

Parents Code of Conduct:

Let the coaches do the coaching for all team members.

Support the program. Volunteer to assist the team outside of coaching.

Be your child's best fan:

Support your child unconditionally.

Praise your child, her teammates, and her opponents, just for participating, regardless of their athletic ability.

Acknowledge her effort, support of team members, following instructions from coaches, etc.

Make a "big deal" out of the positives with your child, her teammates, and her opponents, on the field and off.

Support and root for all team members. Foster teamwork.

Treat teammate, coaches, opponents and officials with respect, avoiding put-downs, ridicule, or sarcasm, on the field, and off.

Understand and display appropriate game behavior (e.g. make positive remarks; do not berate players, officials or coaches). Remember, your child's self-esteem and game performance is at stake.

Be supportive. Help your daughter have fun.

Laugh and keep a sense of humor, on the field and off.

(From Dr. Burnett's "National Sportsmanship Day" article in *USA Today*, 3/6/96. Adapted from the *Parent Checklist* in Dr. Burnett's book, *It's Just a Game (Youth, Sports, and Self-Esteem: A Guide for Parents* and from information from the National Association for Sport and Physical Education)

League Registration **\$70.00** (payable to *AGLL*)

This **non-refundable** fee includes league registration and team shirt.

US Lacrosse Registration **\$25.00**

You must be a member of US lacrosse to participate in this league. Your US Lacrosse membership number must be included on the league registration form. You can register on-line at www.uslacrosse.org. Your daughters membership will be good for one year which she will need to play in any summer lacrosse leagues or tournaments.

Applications are due *Friday, March 6th*. Do not return the registration form to the school. It must be mailed to *Maureen Perriello at 303 Heron Ln., Charlottesville VA. 22903*

ALBEMARLE/CHARLOTTESVILLE GIRLS LACROSSE LEAGUE (AGLL)

ELIGIBILITY: Girls in grades 5, 6, 7, and 8

LOCATION: Practices are after school two days a week from 4:00 to 5:30 PM. For the most part, practices are at the player's school, locations are located on the website. Parents are responsible for picking up players **on time** after practice. Games will be held at St. Anne's Belfield lower school field between Noon and 6 PM.

SEASON: Practices begin the week of March 16th and continue through May 3rd. Games begin on Sunday, March 29th and conclude on Sunday, May 3rd. **Applications are due Friday, March 6th. Please mail the application to Maureen Perriello at 303 Heron Ln. Charlottesville, VA 22903 – DO NOT RETURN IT TO SCHOOL.** Late applications are only accepted on a space available basis. Practice days will be posted on the website at the latest by February 13th.

COST: \$70.00 (payable to AGLL) must accompany this application if it is to be processed and a team assignment is to be made. This **non-refundable** fee includes league registration and team reversible. You must also be a member of US Lacrosse (\$25.00 fee). You can register on-line at <http://www.lacrosse.org/>. Both the US Lacrosse membership number and the league registration form must be submitted in order to be accepted on a team.

US LACROSSE: Every player becomes a member of US Lacrosse. Membership includes insurance coverage and the Youth Lacrosse magazine with detailed coverage of camps and tournaments available to prep players. The insurance coverage is in effect during any US Lacrosse sanctioned event (including leagues, camps, tournaments, etc.) Membership is for one year. US Lacrosse forms must be signed by the parent or guardian, and returned with the league registration form **before** the player can participate. You must register on-line at <http://www.lacrosse.org/>

EQUIPMENT: Required – stick, mouthguard, and **goggles**. Players should bring water to practice and games. **They may be purchased at Downtown Athletic Store or Rivanna Gear and Apparel (mention AGLL for a discount) or online at www.longstreth.com**

QUESTIONS: **Call Maureen Perriello (434) 296-6005 or email at bomotela@aol.com**
Check the web site www.agll.com for updates and information including important dates, weather related cancellations, practice schedule and game schedule.

PLEASE COMPLETE AND RETURN BY Friday, March 6th
MAIL TO: Maureen Perriello 303 Heron Ln. Charlottesville, VA 22903
(DO NOT RETURN TO SCHOOL – ALL FORMS MUST BE MAILED)

AGREEMENT

We, the undersigned parents and/or guardians of the player, hereby apply to the Albemarle Girls Lacrosse League for permission to participate in the Spring 2009 League. As a condition of our child playing in the league, we agree that our child's participation is subject to the following representations and rules:

1. Included with the application is a non-refundable check.
2. US Lacrosse enrollment is required. You can register on-line at <http://www.lacrosse.org/>.
3. Should our child borrow any equipment from a fellow player, the League is not responsible for its safety or condition. A stick, mouth guard, and goggles are required equipment.
4. Our child has had a recent physical, and we represent that she is mentally and physically fit to play lacrosse.
5. We assume responsibility for our child's transportation to and from games and practices.
6. We acknowledge that lacrosse is a potentially dangerous sport, and assume all risks and hazards incidental in playing the sport. We hereby release, indemnify, and hold harmless the League, its organizers, directors, officers, and staff from any claim of liability arising out of participation in the League.
7. We have read the "Code of Conduct" for players and parents and agree to practice it at all times by signing below.
8. We acknowledge that **the forms are signed by both parents, and/or guardians, and player**. If signed by one parent or guardian, we signify that they alone have the legal custody and responsibility for the player.

Date _____ Signature of Player _____

Signature of Parent _____ Signature of Parent _____

MAKE CHECKS PAYABLE TO AGLL OR ALBEMARLE GIRLS LACROSSE LEAGUE FOR \$70.00
and mail to Maureen Perriello; 303 Heron Ln; Charlottesville, 22903

Please Print:

Player's Name _____ Parent(s) name: _____

US Lacrosse _____ Yes _____ No

Membership # _____ **Expiration Date _____

****If your US Lacrosse membership expires on/before May 3, 2009, you need to register for US Lacrosse membership. US Lacrosse membership number is required for all girls wishing to participate in the AGLL.**

Address _____

Parent email _____ Player email _____

Home Phone _____ Parent(s) cell phone: _____

Grade _____ School _____

Special Requests _____
(i.e. being on the same team with another player, etc.)

Relevant Medical Information (allergies, etc) _____