

# Garden City Rams Girls' Lacrosse

c/o 159 Willow Street  
Garden City, NY 11530  
(516) 248-3898  
[www.gcramsgirlslax.com](http://www.gcramsgirlslax.com)

Gary M. O'Connor  
Program Director

November 1, 2010

Dear Player & Parent:

**The 2010 spring lacrosse season is just around the corner and registration for Garden City Rams Girls' Lacrosse Program (GCRGL) starts November 1st.** GCRGL is open to all girls from grades 3 to 8 who live or go to school within the Village of Garden City.

Grades 3, 4, 5 & 6 participate in the highly competitive **Nassau County Police Activity League (NCPAL)** travel youth lacrosse program. The Rookie Division - grades 3 & 4 –play USL Level B – no checking lacrosse. The Junior Division – grades 5 & 6 play USL Level A – modified checking lacrosse. The Senior Division - grades 7 and 8 play in the **Long Island Senior Girls' Youth Lacrosse League (LISGYLL)** and play regulation full checking lacrosse.

As a reminder, **GCRGL** is a proud member of **US Lacrosse (USL)** and active supporter of the **Positive Coaching Alliance (PCA)**. **USL** is the national governing body of men's and women's lacrosse, primarily serving the youth game. It provides a leadership role in virtually every aspect of the game and offers programs and services to inspire participation while protecting the integrity of the sport. In collaboration with **USL**, **PCA** have partnered a nationwide endeavor to make lacrosse a positive, character-building experience for every athlete and to make the experience a more successful one for coaches, parents, fans and officials. As part of **GCRGL** commitment to **USL** and **PCA**, coaches and players must be a member of **USL** and all coaches are required to attend the PCA clinic.

Last season, **GCRGL** initiated a coach training partnership with **SUNY Youth Sports Institute**. As a result of our success with this program, **NCPAL** has made this course a requirement for all **NCPAL** coaches. This program provides hands on training in Lacrosse health, safety, injury prevention and concussion assessment.

**Registration starts November 1, 2010.** Enclosed you will find this year's registration packet. Please read this information carefully and complete all sections of the application. Incomplete applications will be returned and are subjected to the late fee. Registration may be completed by mail or in person at Olympic Den in Franklin Square. Olympic Den is open Monday through Saturday from 10 a.m. to 6 p.m. Applications are also available at the Village Recreation Department and can be down loaded from our web site: [www.gardencitylacrosse.com](http://www.gardencitylacrosse.com).

The registration fee is \$135.00 per player, which includes uniform, mouth guard, league, game fees and **USL** membership. There is a \$30 late fee for any player registering after December 6, 2010. Checks must be made payable to **Garden City Rams Girls' Lacrosse**. No cash will be accepted; your canceled check is your receipt. Uniform orders must be placed at the time of

registration. Sample uniforms for sizing are available at Olympic Den. There are no exchanges on uniforms, so please order correctly. Proof of age for each participant must be submitted at the time of registration. Application deadline is December 20, 2010. ***No applications will be accepted after that date.***

**As a reminder, lacrosse is a spring sport and GCRGL is a travel program!** As a spring sport, it is expected that lacrosse will be the participant's primary sport for the season. Game and practice conflicts occur when players are involved with more than one sport during the spring season. Team practices start March 1, 2010. Games begin on April 1st and continue through June 30th. Games are held on either a Saturday or Sunday as scheduled by each community.

Safety on the field can only be achieved by learning proper technique and the rules of the game. To do so, requires attendance at practice sessions. **Therefore, attendance at team practice is mandatory.** Coaches will restrict playing time for players who miss practice.

The philosophy of **GCRGL** is to keep teams small to maximize playing time for each girl. When limiting the number of players to a team, we run the risk of forfeiting games due to lack of players. Games forfeited due to lack of players are not be made up. Therefore we ask both players and parents to carefully consider their commitment to the program when registering for the season.

On a final note, as in the past, it is our intention to hold our winter indoor clinic sessions under the supervision of local college players at St. Paul's. As soon as the Village Recreation Department acts on our request, we will announce our schedule in the Garden City News and by email.

Should you have any questions, please feel free to contact me by email: [garyoconnor@msn.com](mailto:garyoconnor@msn.com), or by calling 516.248.3898.

Sincerely,



Gary O'Connor

# Garden City Rams Girls' Lacrosse Registration

## Instructions

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- Please complete all information on the **Garden City Rams Girls' Lacrosse** application and **Nassau County PAL Registration** forms.
- Please read the Code of Conducts on each application. Parent and participant signature is required. Incomplete applications will be returned and may subject you to a late fee charge.
- Proof of age is required. Acceptable documents include: birth certificate, passport, or report card that shows date of birth. **Please note: we do not keep copies of proof of age documents (birth certificates) on file. You must provide one each year. Applications missing proof of age will be returned and are subject to the late fee.**
- Make sure you order the correct size on uniforms. No exchanges are possible. If you are unsure of the correct size, sample uniforms are available at Olympic Den, 676 Dogwood Avenue, Franklin Square (516) 486-0975.
- Please include insurance information.
- **Make sure you include your home email address.** Unless a work email address is accessible from home, please do not use it.
- Past participants (or USL members), please include your USL Member number.
- Participant/player must sign the application and code of conduct.
- Make your check in the amount of \$135, payable to: **Garden City Rams Girls' Lacrosse.** Your cancelled check is your receipt.
- **Applications received after December 6, 2010 without the \$30.00 late fee will be returned.**
- Mail to: **Garden City Rams Girls' Lacrosse**  
c/o Gary O'Connor  
159 Willow Street  
Garden City, NY 11530
- **No application will be accepted after December 20, 2010.**

# Garden City Rams Girls' Lacrosse 2011 Membership

(Please complete all information)

Last Name: \_\_\_\_\_ First: \_\_\_\_\_ USL Member # \_\_\_\_\_

Address: \_\_\_\_\_ City: Garden City \_\_\_\_\_

State: New York Zip: 11530 Phone: (516) Home E-Mail: \_\_\_\_\_  
(Required)

\*Date of Birth: \_\_\_\_\_ Grade: \_\_\_\_\_ School: \_\_\_\_\_

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

*\*Date of birth proof is required by the league (birth certificates, baptismal, passport).*

**BOTH PARENT AND PLAYER SIGNATURES ARE REQUIRED FOR MEMBERSHIP**

## PARENT OR GUADIAN CONSENT

I, THE UNDERSIGNED, being the parent or guardian of

\_\_\_\_\_ do hereby grant permission for her participation in all

**NAME OF CHILD**

activities, athletic or otherwise sponsored by the **GARDEN CITY RAMS GIRLS' LACROSSE, LONG ISLAND SENIOR GIRLS' YOUTH LACROSSE LEAGUE, US LACROSSE** and the **NASSAU COUNTY POLICE ACTIVITY LEAGUE** and release from responsibility said corporation(s), group, coaching staff and the **Police Department, County of Nassau** for any injuries sustained by the participant or expenses incurred while engaged in any activity of the program/league.

In consideration of my membership in **US Lacrosse, Garden City Rams Girls' Lacrosse** and my participation in **US Lacrosse** sanctioned events, I agree to the following:

- 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 further agree on behalf of myself, my heirs, and personal representatives, that **US Lacrosse**, the host organization, and sponsors of any **US Lacrosse** sanctioned event, along with the coaches, volunteers, employees, agents, officers and directors of these organizations, including youth leagues and organizations without limitations, shall not be liable for any injury, loss or damage occurring as a result of my participation in the event.
- MEDICAL ATTENTION:** I hereby give my consent to **US Lacrosse**, and the host organization of any sanctioned **US Lacrosse** sanctioned event to provide, through a medical staff of its choice, customary medical/athletic training attention, transportation and emergency medical services as warranted in the course of my participation in **US Lacrosse, NCPAL, LISGYLL and GCRL** sanctioned events.
- READINESS TO COMPETE:** I will only participate in those **US Lacrosse** and competitions for which I believe I am physically and psychologically prepared to compete.
- PROGRAM COMMITMENT:** I understand that attendance at team practices is a requirement in order to play in a league game. Coaches reserve the right to limit playing time due to unexcused absences from practices or previous games.
- CODE OF CONDUCT:** I have read and agree to all terms on the reverse side of this form.

\_\_\_\_\_  
**Participant Signature (Required)**

\_\_\_\_\_  
**Parent/Guardian Signature**

\_\_\_\_\_  
**Date**

**FOR ANY PARTICIPANT WHO IS NOT YET 18 YEARS OLD:** As legal parent or guardian of this participant, I hereby verify by my signature below that I fully understand and accept each of the above conditions for permitting my child to participate in any **US Lacrosse** sanctioned event and accept of the above conditions, and especially the waiver and release set forth in paragraph one.

\_\_\_\_\_  
**Signature of Parent/Guardian**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Printed Name of Parent/Guardian**

\_\_\_\_\_  
**Participant Primary Medical Insurance Carrier**

\_\_\_\_\_  
**Name of Policy Holder**

\_\_\_\_\_  
**Policy Number**

## CODE OF CONDUCT

### **US LACROSSE, GARDEN CITY RAMS GIRLS' LACROSSE AND THE POSITIVE COACHING ALLIANCE**

**US Lacrosse, Garden City Rams Girls' Lacrosse** and the **Positive Coaching Alliance** have partnered to establish and promote positive coaching throughout the sport of lacrosse. **US Lacrosse** is committed to preserve the "Honor of the Game" for all who enjoy the sport of lacrosse. To help fulfill this commitment, **US Lacrosse** requires all players, coaches, officials, parents and spectators to sign and abide by a "**Code of Conduct**" that embodies basic common sense principles, demonstrates consideration of others; and projects a positive image to our young men and women. Individuals and/or teams participating in **US Lacrosse** events that fail to abide by this code will be subject to ejection and disqualification from future **US Lacrosse** events. Thank you for your help in promoting these principles.

Players, coaches, spectators and parents are to conduct themselves in a manner that "Honors the Game" and demonstrates respect to others players, coaches, officials and spectators. 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 organizations. It is only through such conduct that our sport can earn and maintain a positive image and make its full contribution to youth sports in the United States and around the world. **US Lacrosse** and Garden City Ram's Girls' Lacrosse supports the following behaviors for those participating or involved in any way with **US Lacrosse** or the Garden City Rams Girls' Lacrosse program in general.

- The essential elements of the "Code of Conduct" must be adhered to.
- Sportsmanship and teaching the concepts of fair play are essential to the game and must be taught and developed both at home and on the field during practices and games.
- The emphasis on winning should never be placed above the value of good sportsmanship the concepts of fair play, or the skills of the game.
- Derogatory comments are unacceptable. Use positive reinforcement with players and adults alike. It should be remembered that criticism once made can never be retracted.
- 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 with adults.
- Officials are expected to conduct themselves as professionals and in a manner that demonstrates courtesy and fairness to all parties, while exercising their authority on the field.
- Adults involved with the game must never permit anyone to openly or maliciously criticize badger, harass, or threaten an official.
- Knowledge of the Rules of Lacrosse must be respected and adhered to by all who participate in the game of lacrosse, both in the letter and the spirit of the game. 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, such age and previous level of participation, must be followed. They have been established to encourage and maximize participation, as well as promote safety.

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Has child played before? Yes  No  If yes year(s) played: \_\_\_\_\_ Team/Coach: \_\_\_\_\_

Does your child play on another Team Sport during the Spring? Yes  No  If yes, what sport: \_\_\_\_\_  
Team: \_\_\_\_\_ Coach: \_\_\_\_\_

**Uniform information, must be completed at time of registration. *No exchanges, no returns!***

**Circle size needed: Jersey:** YM YL AXS AS AM AL AXL **Shorts:** YM YL AXS AS AM AL AXL

**Team assignments are based on grade level and blind draft.  
No requests for team or coach placement will be accepted.**

**PARENTAL HELP IS NEEDED!** I will do the following (check any #): Coach  Asst Coach  Timer/Scorer  Make Phone Calls   
Transportation  Team Snacks  Write Articles for GC News  Field Supervision

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**Fee: \$135** which includes uniform, mouth guard, insurance,  
**US Lacrosse** Membership and Lacrosse Magazine.

**Applications received after December 6, 2010 without the \$30.00 late fee, will be returned.  
No applications accepted after December 20, 2010**

**Make your check payable to: Garden City Rams Girls' Lacrosse - No cash please!**

Return both completed applications, copy of birth certificate and check to: G. O'Connor, 159 Willow Street GC, NY 11530  
Visit our website at: [www.gcramsgirlslax.com](http://www.gcramsgirlslax.com)