



Macomb Bucks Spring Lacrosse Parent Information and Registration Packet

Below you will find the information you will need for your son's participation on our Spring Team. If you have any questions, please don't hesitate to contact us via email info@eastsidelacrosse.com or phone 586.737.7025.

Important Dates to Remember:

- **December 3rd – Registration Opens**
- **January 6th - Winter Training Session Begins (**Deadline for Online Registration is Dec. 23rd and is available at eastsidelacrosse.com**)**
- **January 13th – all registration forms and payments due. Packets may be mailed in before or turned in at the winter training session.**
- **January 20th – Tryout/Team placement at Premier Sports Center at the End of each of our Winter Indoor Training Sessions**
- **Feb. 3rd – Late Player registration period ends**
- **February 10th – Parent/Coach Meetings and Q&A Sessions at Premier Sports Center 8-8:30 PM concurrent with Indoor Training Session**
- **March 17th - Spring season begins!**

Our Team Website/Communication:

Our team website can be found via the Spring Teams page of the main website www.eastsidelacrosse.com. We will be hosting a team website which will require a password for our team's access only. There will also be a text message capability that parents can sign-up for to receive last minute communications of any changes due to weather, field conditions, important tournament day info, etc.

Team Colors/Uniforms/Team Gear:

Macomb Bucks' team colors are green, white, red and black. Helmet decals are optional and available for player purchase. A team-specific helmet color is not required however a neutral white is recommended.

Uniforms and spirit wear (hats, t-shirts, hoodies, etc.) will be available for purchase in February.

The program will provide uniform jerseys and shorts for player purchase. Players may exchange used jerseys in good condition if they have outgrown last year's jersey. It is imperative that players report their current jersey number when registering. New players may not choose their number due to active jersey carry-overs from prior year.

Season Schedule & Format (March 17th – June 2nd)

We are looking to maintain practices and games between Wednesday-Sunday throughout the season. We are looking to play multiple games on weekends to minimize travel and time commitments for our families. Weekday evening practices will be held 6-7:30 PM when outdoor conditions permit. Upon completion of our team registration, a complete practice and game schedule will be released at the beginning of March and will be updated on the team website as any new games or changes are posted. Our teams will participate in at least 2 tournaments – one in Hartland & one in Oxford, MI

Field Locations:

Our home fields are Seneca Middle School (21 & Heydenreich) and Macomb Town Center Park (25 Mile & Broughton). Fields are 30-45 min. from St. Clair and 20-30 min. from Sterling Heights.

General Team Info:

Our 2nd-4th grade teams will be playing in a 7 v 7 format and our 5th-8th grade teams will be playing in traditional 10 v 10 format. Our teams will be playing in the Suburban League which consists of 18 teams in SE Michigan.

We will carry an appropriate number of players for each level and look for ways to keep all interested players rostered on our youngest teams. Tryouts will serve to place players on a team and establish the level of play A or B our team is best placed in. Last year there were cuts at the U14 level only.

Coaches:

John Dell'Isola and Robert Dameron will be the directors of the Macomb Bucks youth program. All of our parent assistants and coaches are required to complete Level 1 US Lacrosse training. In this training, volunteers will receive instruction on the responsibilities and philosophies of coaching and how to provide a safe and athlete-centered environment that emphasizes positive growth and sportsmanship. A background check and US Lacrosse membership is required to receive Level 1 Certification.

Parent board volunteers will also be needed to assist with our team's organization and communications. **More information on volunteers will be offered at our Parent/Coach meeting but please make us aware of your interest in helping as soon as possible!**

Philosophy

The Macomb Bucks program strives to provide a safe and athlete-centered environment that emphasizes positive growth and sportsmanship. The program has been dedicated to instilling strong fundamentals with our youth players to provide a solid foundation for them at the high school level. We are proud to see many of our past players finding success even at the collegiate level (a Buck just signed with Div. 1 Stonybrook on Long Island, NY!). We require our program upholds a high standard of conduct from our players on the field and parents in the stands.

All players will be encouraged to play all of the positions on the field and to develop their stickwork away from the practice field – ***this last point is critical to making our lacrosse season and your son's experience the best it can be.***

Playing time must be earned by our players and our coaches will determine a player's time on the field in each game and each situation we are faced with throughout the season. Our goal is to be competitive and fair to our players. This will mean an inexperienced player who does not put work in away from the field can expect more limited playing time. While physical abilities will always vary across youth lacrosse teams, we cannot stress enough the need for our players to have strong stick skills so everyone at a minimum can catch and pass to each other well.

Parents and players will be asked this year to agree to the US Lacrosse pledge to keep our season one of learning and positivity.

Necessary Equipment

Below you will find a list of the equipment each player must have. Please see also the Beginners page of the East Side website. Registered players will receive discount gear purchases from our local retailer sponsor.

- Stick (these can get expensive, but a \$40-60 stick is fine for starters – short sticks with stiff mesh are fine for all players however if your son prefers to play defense he can try a longer stick which can be cut to an appropriate/legal size)
- Helmet & Chin Strap
- Soccer, lacrosse, or football cleats - must be molded rubber or plastic soles
- Gloves
- Arm/Elbow pads (goalies included!)
- Shoulder pads
- Athletic Cup
- Mouth-guard (cannot be clear – must be a solid color)

Fees

The participation fee for this year's teams is \$300/player for U8 & U10 teams and \$375/player for U12 & U14 teams. A Warrior uniform purchase not exceeding \$75 should be expected via separate order. Returning players may utilize last year's uniform if it still fits and is in suitable shape. Our team fee is intended to cover our indoor/outdoor field usage, referee costs, uniform costs, field equipment, coach stipends, and two tournament entry fees.

To expand our offerings for the club, we will be hosting a single fundraising event or raffle ticket sale and would welcome any corporate support that our parents can provide. These funds help to offset increasing uniform costs, allow us to add indoor practices or

add games/tournaments, and offset costs for teams with smaller rosters. More details to follow at our Parent/Coach meeting.

US Lacrosse membership is required for all players through June of 2019. US Lacrosse charges \$25 for a player's annual membership in exchange for a US Lacrosse magazine subscription, access to online informative features and instruction on lacrosse, and our team insurance. Players must provide proof of registration with US Lacrosse thru June 1 and can register for membership at the following link:

<http://www.uslacrosse.org/membership.aspx>.

2019 Macomb Bucks/East Side Lacrosse Spring Registration Form

PERSONAL INFORMATION:

Player's name _____

School _____ Grade _____

Date of Birth _____ Height _____ Weight _____

Player is interested in playing (circle all that apply):

Goalie Defense Midfield Attack

Returning Player Jersey Number: _____ (new players leave blank)

Jersey Size (circle one): YS YM YL YXL AS AM AL AXL

Short Size (circle one): YS YM YL YXL AS AM AL AXL

Experience Level (circle one): Beginner 2nd year 3rd year 4th year 5+ years

Parent/Guardian(s) Name(s) _____

Relationship to Participant (circle all) Mother Father Guardian Grandparent Aunt/Uncle

Address: _____

City, State, Zip: _____

Home Phone Number: _____

Cell Phone(s): _____ / _____

Cell Phone Service Provider (for texts): _____

Email Address _____

Optional (Additional) Email Address to send team communications

EMERGENCY CONTACT INFORMATION:

Emergency Contact Name: _____

Relationship to player: _____

Emergency Contact Phone: _____

Please note any medical concerns for the participant (see also waiver requirements)

Insurance Provider: _____ Policy No. _____

By indicating your acceptance, you understand, agree, warrant and covenant as follows:

**EAST SIDE LACROSSE ENROLLMENT AGREEMENT & RELEASE
FOR 2019 CALENDAR YEAR PROGRAM PARTICIPATION**

The Participant desires to participate in the Macomb Bucks spring lacrosse program of East Side Lacrosse, LLC (referred to herein as East Side Lacrosse). This form is an important legal document. It is critical that you read and understand it completely. After you have done so, please print your name legibly and sign below. In this document, the term "Participant" includes both the on-the-field Participant and the parent or legal guardian, if Participant is under 18 years of age.

Participation in the sport of lacrosse may result in injury or death to Participants. Participant desires to participate in the sport of lacrosse despite these risks. Participation in the East Side Lacrosse program is expressly conditioned upon the following agreement by the Participant:

1. Participant assumes all risks of injury or death sustained while participating in the sport of lacrosse or while on or about the premises, and waives all liability against East Side Lacrosse, their officers, employees and all affiliated entities.
2. Participant releases, discharges, indemnifies and holds harmless East Side Lacrosse, their officers, employees, agents, officials, and all related entities, from any and all claims, demands or causes of action that are in any way connected with participation in the sport of lacrosse or use of the premises, facilities or equipment, and including any negligence on the part of East Side Lacrosse, their officers, employees, agents, officials and all affiliated entities.
3. East Side Lacrosse is not responsible for Participant's fitness, abilities or equipment.
4. Participant represents and acknowledges that Participant has adequate insurance and agrees to assume full responsibility for any and all costs or expenses occasioned by an injury or medical need arising out of participation in the sport of lacrosse or use of the premises, facilities or equipment.
5. Participant acknowledges that during the course of their activities, East Side Lacrosse may take Participant's photograph or film a video that includes the participant. Each Participant hereby grants East Side Lacrosse permission to use any such photograph or video for use in materials promoting East Side Lacrosse. Such use may include publication in program, general advertising, posters, flyers, television, internet, and any other vehicles that may be distributed or shown to or otherwise seen by large numbers of individuals and potential patrons of East Side Lacrosse. Participant waives all rights to any financial remuneration of any kind.
6. I understand that East Side Lacrosse reserves the right to remove any participant whose behavior is deemed disruptive to the best interest of the program or those interacting with the program with no refund of fees paid.

I have read and I understand this Agreement. I warrant that I have the right and the authority to execute this Agreement on behalf of myself and the Participant (if under the age of 18). I assume full responsibility for the terms and conditions of this Enrollment Agreement & Release, and will indemnify and hold harmless East Side Lacrosse for any claims brought by or on behalf of Participants to this Agreement.

Signature – Parent/Legal Guardian

Participant - Print Name

Parent/Legal Guardian Name

Participant - Birthdate

Parent or Legal Guardian Address, City, State, Zip

Parent Phone

Email Address

Macomb Bucks Lacrosse
Certification for Parent/Guardian-Approved
Participant Travel

Note: Due to the varying times and points of departure for games and other responsibilities held by adult volunteers and coaches, said volunteers & coaches cannot monitor whether or not a player has a ride or permission to ride with another team member to/from team events.

For the protection and safety of all parties concerned, it is requested that parents discuss in advance this subject in great detail and make their wishes known to their child/participant.

By signing below, I hereby certify that I, as parent/guardian with legal responsibility for this participant, shall discuss in detail the subject of my child's travel arrangements to and from all team events with my child/participant.

I also certify that it is my child/participant's responsibility to know whether he/she does or does not have my permission to ride with another team member, volunteer, or coach.

Participant Name: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Date_____

PARENT / PLAYER PLEDGE FOR THE 2019 LACROSSE SEASON

East Side Lacrosse welcomes you and your young player(s) to the sport of lacrosse. Lacrosse has benefited from rapid growth in recent years. More and more people every day are learning to play America's oldest – and fastest growing – sport.

East Side Lacrosse is about having fun and learning a sport. As parents, part of your role is to make sure that your child is enjoying his lacrosse experience. Be positive about your child's participation. Encourage. Support. Volunteer. Remind your child, AND yourself, that winning is not everything. You and your child will participate in many games over the years and the friendships and great experiences will certainly outweigh the win/loss record in your child's memory.

Guiding Principles for Boys' Youth Lacrosse:

- Respect your coaches, teammates, opponents, officials and the fans
- Compete with heart, honor and hustle
- Honor the traditions of the game and respect the ancestors of the sport
- Have fun, be passionate and adhere to the spirit of the game both on and off the field

This season, as a parent and player, I pledge to COMPETE with CLASS and HONOR the GAME.

- I will honor the history of men's lacrosse and commit to maintaining the core values of the game's culture.
- I will recognize the value of safe and fair play by teaching, enforcing and playing by the letter and spirit of the boys' game.
- I will practice and encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other boys' lacrosse event.
- I will place the emotional and physical well being of the players ahead of any personal desire to win.
- I will support coaches and officials working with players in order to encourage a safe, positive and enjoyable experience for all.
- I will do my very best to make the sport fun for every participant.
- I will ask all family members and fans to be tolerant and inclusive by treating other players, coaches, fans and officials with high regard and respect.

Signed:

Parent/Guardian Signature

Player Signature

East Side Spring Lacrosse Registration Checklist

Participant Last Name: _____

Check each item below to indicate your completion of each item
before returning to East Side Lacrosse!

_____ Macomb Bucks Registration Form

_____ East Side Lacrosse Enrollment Agreement & Release Form

_____ Certification Form for Parent-Approved Travel

_____ Parent / Player Conduct Pledge

_____ US Lacrosse Membership Receipt (printout receipt from US Lacrosse
after online registration - this is required for participation)

_____ Fee Payment by cash or check payable to “East Side Lacrosse”

When all forms have been completed, please return the packet to Coach Rob
or John during East Side Winter Training (Premier Sports Center)

OR

return by mail c/o:

East Side Lacrosse, LLC
P.O. Box 183081
Shelby Township, MI 48318