

# Rochester Area Lacrosse

## 2010 Registration Form



**RAL Spring 2010 Season: May 17-June 26**

Teams: Boys Grades 3-4, 5-6, 7-8

Girls Grades 3-5, 6-8



Schedule: Practices will be Tuesday/Thursdays (6 weeks) and Saturdays for games

### Equipment Needed

Boys– Lacrosse Stick, Gloves, Shoulder Pads, Lacrosse Helmet, Mouthguard

Girls– Women's Lacrosse Stick, Lacrosse Goggles, Mouthguard

### Registration is open until May 1, 2010

Mail form and \$75 payment to: Rochester Amateur Sports Commission  
30 Civic Center Drive SE  
Rochester, MN 55904

Additional forms available at [www.rochesteryouthlacrosse.com](http://www.rochesteryouthlacrosse.com)

Name _____	Grade _____	Birth date _____	Sex	M	F
Address _____	City _____	Zip _____			
Jersey Size    YS    YM    YL    S    M    L					
Parent/Guardian Name _____					
Phone Number _____	Parent Cell Number _____				
Email Address _____					
Health Insurance Carrier _____	Policy # _____				

**Waiver and Release:** I am fully aware of and appreciate the risks associated with participation in lacrosse. I agree, that the Rochester Youth Lacrosse Association and the sponsor or sponsors, together with coaches, officials, volunteers, employees, 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 Rochester Youth Lacrosse Association.

**Medical Attention:** I hereby give my consent to Rochester Youth Lacrosse Association 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 Rochester Youth Lacrosse Association .

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

### **WE NEED COACHES AND VOLUNTEERS!**

Name \_\_\_\_\_

Email \_\_\_\_\_

Head Coach     Assistant Coach     Volunteer

Team Parent     Rochester Area Lacrosse Board Member

\$75 dollar/child includes cost of US Lacrosse Membership, Jersey, field rental and officials.

Cash     Check

Please make checks payable to  
RASC