



2010 TRYOUTS
TRI-STATE
 L A C R O S S E

TRI-STATE LACROSSE ALL STAR PROGRAM TRYOUT INFORMATION

DATE: Saturday, November 21, 2009

LOCATION: Rutgers Preparatory School
 1345 Easton Ave.
 Somerset, NJ

SURFACE: Outdoor, Artificial Turf

COST: \$75 per player

TIMES: 9:00am – 11:00am Graduation Years 2017 – 2014 (Currently grades 5th – 8th)
 11:00am – 1:00pm Graduation Years 2013 – 2012 (Currently grades 9th – 10th)
 1:30pm – 4:00pm Graduation Year 2011 (Currently grade 11)

REGISTRATION DEADLINE – 11.05.2009
 Make checks payable & mail to:
TRI-STATE LACROSSE
 PO Box 321
 Hightstown, NJ 08520

2010 PROGRAM DETAILS

- ↻ **12 Practice Sessions** (1.5 Hours Each)
- ↻ Practices held end of May to end of July (most practices held weekday afternoon/evening with an occasional Sunday practice)
- ↻ **North & South Practice Locations**
- ↻ Participate with the area's top players at every level.
- ↻ Head & Asst. Coach assigned to each team for dedicated attention throughout the summer.
- ↻ **Best coaching and instruction** in the area made up of D1, 2 & 3 players, HS Head/Asst. Coach, Former and All Americans, National Champions.
- ↻ Attend the **Nation's top tournaments**, exposing players to the best competition and recruiting opportunities.
 - National Draw
 - Tri-State National
 - All Star Express
 - Galaxy National
 - Champions Cup
 - Capital Cup
 - Champ Cup National

WHAT ARE TRI-STATE ALL STARS?

The Tri-State Lacrosse All Star Program is a nationally recognized elite club team where girls can play with the area's best, improve their individual game and be exposed to the nation's top competition. Players are stretched beyond their comfort zone, faced with multiple athletic challenges and obstacles, demanded to develop depth in their game and encouraged to work passionately towards their future lacrosse goals.

Not only do we strive to mature players athletically, but personally as well. The experience our players face last a lifetime. Tri-State teammates become friends and family. Tournaments become lasting memories. Tri-State coaches and staff are committed to providing each player with a valuable and rewarding experience through the love that we all share for the game of lacrosse.

For Further Questions or Information....Email Sue Montegari (suemontegari@trilax.com)

WWW.TRILAX.COM

GIRLS' ALL STAR PROGRAM

Website: www.trilax.com
P 609.371.7000 / F 877.763.4441

2010 GIRLS' ALL STAR TRYOUT APPLICATION (\$75 Per Player Non-Refundable Tryout Fee)

PLAYER INFORMATION:

Player Name: _____

Address: _____

City: _____ ST: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

Email 1: _____ Email 2: _____

Parents Names: _____

Grade: _____ Grad Yr: _____ POS: _____ Yrs. Experience _____

Spring Program: _____ US Lacrosse Number: _____

Other Sports: _____

UNIFORM INFORMATION: (PLEASE CIRCLE SELECTION)

TOP SIZE:	XS	SM	MD	LG	XL
SKIRT SIZE:	XS	SM	MD	LG	XL

AMATEUR ATHLETIC MINOR WAIVER AND RELEASE OF LIABILITY

In consideration of being allowed to participate in any way in the Tri-State Lacrosse athletics/sports program, and related events and activities, the undersigned:

1. Agree that the parent(s) or legal guardian(s) will instruct the minor participant that prior to participation he or she should inspect the facilities and equipment to be used, and if the participant believes anything unsafe, he or she should immediately advise his or her coach or supervisor of such condition(s) and refuse to participate.
2. Acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inactions, or negligence but the actions, inaction or negligence of others, the rules of play, or the condition of the promises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time.
3. Assume all the foregoing risk and accept personal responsibility for the damages following such injury, permanent disability or death.
4. Release, waive, discharge and covenant not sue TRI-STATE LACROSSE, its affiliated clubs, their respective administrators, directors, agents, coaches, and other employees of the organization, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event, all of which are hereinafter referred to as "releasees", from any and all liability to each of the undersigned, his or her heirs and the next of kin for any and all claims, demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise.
5. I give consent to have pictures, video footage and other similar media taken of the participant and agree that such media is the property of Tri-State Lacrosse and may be used to their discretion as needed.
6. I agree to the refund policy.

I/WE HAVE READ THE ABOVE WAIVER, RELEASE, AND REFUND POLICY AND I UNDERSTAND THAT I/WE GIVE UP SUBSTANTIAL RIGHTS

PARENT OR GUARDIAN (SIGNATURE/RELATIONSHIP)

DATE

PRINTED NAME OF PARENT OR GUARDIAN

PRINTED NAME OF PARTICIPANT

TRI-STATE LACROSSE IS A DIVISION OF TRILAX INC.