

## TIME TO SIGN UP FOR AN EXCITING NEW SPORT AT ICHABOD CRANE



The Town of Kinderhook Parks and Recreation will be running a girls lacrosse program for girls in Grade 3. The program will be run by Dan Cremo, one of the Physical Education teachers at the Primary School. The program will be held at the Primary School gym on rainy days or on the field adjacent to the Primary School playground when weather permits. The program will start at 3:10 pm and finish at 4:45 pm on Tuesdays and Thursdays from April 25<sup>th</sup> through June 8<sup>th</sup> (excluding school holidays). All children need to be picked up by 5:00 pm at the latest. The students will walk to the gym at the end of the school day when they hear the announcement for them to do so.

A \$50 fee is required to participate. Girls will receive a pinney they should bring/wear to all practices/games.

Checks should be made out to **Town of Kinderhook Parks and Recreation**. Girls will also need to have a USA lacrosse membership. This will provide insurance and an annual subscription to US Lacrosse magazine and the cost will be \$30. <https://www.uslacrosse.org/membership>

Girls should wear work-out gear that is suitable for the weather. Girls need to have their own girls' lacrosse stick, goggles, and a mouth guard. Cleats are not required but are suggested for when we are able to practice outside. Equipment can be purchased from most sporting goods stores or online. Some websites that I have used in the past are lax.com, laxmonkey.com, and lacrosseunlimited.com. However, this year I received a grant from ADK lacrosse for \$1,000 and girls will also be able to borrow equipment every day at practice and for games. If you decide to borrow **NO EQUIPMENT WILL NEED TO BE PURCHASED**.

I will have an informational meeting and sign-up night on Friday March 31<sup>th</sup> at the Primary School from 5:15 pm to 6:15 pm. Lacrosse is new to Ichabod Crane and I am sure that there are many questions about the equipment needed and the sport in general. If you cannot make the sign-up meeting you can reach me at [dcremo@ichabodcrane.org](mailto:dcremo@ichabodcrane.org).

Also this year we are potentially going to 3 tournaments. There will be a nominal fee to attend these tournaments. This fee covers the high school refs for the day. The exact times are TBD. For planning purposes you should put aside the whole morning.

Columbia – May 20<sup>th</sup>, Averill Park-June 3<sup>rd</sup> and Guilderland-June 10<sup>th</sup>

Fee Breakdown - \$50 check to Kinderhook Parks and Recreation (This covers \$30 fee and \$20 pinney)

US Lacrosse - \$30 fee paid online

I (Parent/Guardian signature) \_\_\_\_\_ give

(Child's name) \_\_\_\_\_ permission to attend the Town of Kinderhook Girls Lacrosse program.

PLEASE PRINT

CHILD'S NAME \_\_\_\_\_

PARENT/GUARDIAN NAME \_\_\_\_\_

HOME/CELL NUMBER \_\_\_\_\_

WORK NUMBER \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

EMERGENCY CONTACT-NAME AND NUMBER

\_\_\_\_\_

TEACHER AND GRADE \_\_\_\_\_

PLEASE CIRCLE APPROPRIATE PINNEY SIZE

GIRLS L/XL

ADULT S/M

ADULT M/L

BOTH PERMISSION SLIP AND THE \$50 FEE NEED TO BE GIVEN TO MR. CREMO AT THE INFORMATIONAL MEETING OR BEFORE APRIL 25<sup>TH</sup>