

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 4 through 6. 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 5:00 pm and finish at 6:30 pm on Tuesdays and Thursdays from April 25th through June 8th (excluding school holidays).

The fee is \$50 if you do not have a pinney from last year and \$30 if you do. Girls should wear/bring their pinney 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 lacrosseunlited.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 31th 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.

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 20th, Averill Park-June 3rd and Guilderland-June 10th

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

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 IF NEEDED:

GIRLS L/XL

ADULT S/M

ADULT M/L

BOTH PERMISSION SLIP AND THE \$50/\$30 FEE NEED TO BE GIVEN TO MR. CREMO AT THE INFORMATIONAL MEETING OR BEFORE APRIL 25TH