



**RAIDER LACROSSE**  
**DODGE & SHOOT CLINIC**

**DON'T WASTE YOUR TIME THIS WINTER JUST PLAYING INDOOR LEAGUES! GET COACHED, RECEIVE INSTRUCTION, AND IMPROVE!**

**WHO: BOYS LACROSSE PLAYERS, AGES 11-17.**

**DATE & TIME: SUNDAY, JANUARY 31<sup>st</sup>, 6-8pm.**

**SESSION COST: \$20 per player**

**LOCATION: STONEWALL JACKSON HIGH SCHOOL GYMNASIUM.**

**COACHING STAFF: ANTHONY LEPORE, HEAD COACH SJHS.  
RYAN VERRILLI, 2005 CEDAR RUN DISTRICT PLAYER OF THE YEAR,  
SJHS ALL-TIME LEADING SCORER, AND FORMER PLAYER AT  
LIMESTONE COLLEGE.  
RYAN DONAHUE, FORMER ATTACKMAN OF THE YEAR AT LANGLEY  
HS AND FORMER PLAYER AT THE UNIVERSITY OF DELAWARE.**

**REGISTRATION IS LIMITED TO ENSURE SMALL GROUP SIZE AND INDIVIDUAL INSTRUCTION. DO NOT DELAY!**

**POINTS OF EMPHASIS:**

- DODGING FROM UP TOP & FROM X.**
- SHOOTING ON THE RUN.**
- EXPAND YOUR RANGE OF DODGES.**
- SHOOTING MECHANICS, VELOCITY, AND ACCURACY.**
- STICK PROTECTION.**

FILL OUT THIS FORM, INCLUDE A CHECK FOR \$20 MADE OUT TO ANTHONY LEPORE, AND SEND TO:

ANTHONY LEPORE  
HEAD LACROSSE COACH  
8820 RIXLEW LANE  
MANASSAS, VA  
20109

PLAYER/APPLICANT NAME: \_\_\_\_\_

AGE: \_\_\_\_\_

SCHOOL: \_\_\_\_\_

YRS. EXPERIENCE: \_\_\_\_\_

EMERGENCY CONTACT/PARENT CONTACT: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

In connection with the Applicant's participation in the **RAIDER LACROSSE DODGE & SHOOT** clinic on JANUARY 31ST, the undersigned certifies that the Applicant/player is in good health, has no physical impairment restricting him from playing lacrosse, except as herewith provided in writing to **STONEWALL JACKSON HIGH SCHOOL's boys lacrosse program and/or coaches (Anthony LePore)** and otherwise is able to participate in the program activities. We (are, are not) attaching a statement explaining special physical limitations and/or required medication, if any, (please indicate if the Applicant/player suffers from allergies, asthma, diabetes, restricted activities, etc.). In further consideration of acceptance of this application, **STONEWALL JACKSON HIGH SCHOOL, its boys lacrosse program and/or coaches (Anthony LePore)** undersigned, both for himself or herself and on behalf of any minor child for whom he or she is submitting this application, hereby agree(s) to indemnify and hold harmless, **STONEWALL JACKSON HIGH SCHOOL, its boys lacrosse program and/or coaches (Anthony LePore)**, its officers, directors, coaches, staff, workers, volunteers, agents, and sponsors from and against any and all liability, claims, actions, lawsuits, losses, judgments, and demands whatsoever, in law or in equity, arising out of or in any way relating to the Applicant's participation in any lacrosse at Stonewall Jackson High School, including, but not limited to, personal injuries or injury to property sustained or caused by the Applicant during or as a result of participation by the Applicant in this event. The Applicant and/or parent or guardian is aware of the fact that lacrosse is a physically demanding and challenging sport in which serious injuries and/or death may occur. I affirm that I / We have read, understand and agree to the conditions set forth and certify that the information that I / We have provided is correct.

\_\_\_\_\_ Parent Signature

Consent Date \_\_\_\_\_