



# SUNSET LACROSSE

Youth and High School Lacrosse, Portland, Oregon

## WELCOME to Sunset High School Lacrosse

The 2010 Season is just around the corner. In the meantime, keep that stick in your hand and PRACTICE, PRACTICE, PRACTICE!!

### Overview

For the last two seasons (2008 and 2009) Sunset High School has won the Metro League Lacrosse Champion title for both girls and boys. During the 2009 season, the boys varsity team was the first Metro team to ever make it to the state semi finals. Our club is proud of these accomplishments and is determined to not only defend but surpass these titles.

Sunset High School boys' lacrosse began in 2000 and is a member of the Oregon High School Lacrosse Association (OHSLA). Sunset High School Girls lacrosse began in 2002 and is a member of the Oregon Girls Lacrosse Association (OGLA). Lacrosse at Sunset High School is a no-cut sport. Lacrosse is a club sport and is run by a board of parent volunteers.

**Sunset Lacrosse is no longer affiliated with the Beaverton School District . Sunset Lacrosse is an independent "Club" organization that receives no funding, in-kind services or supervision from the Beaverton School District**

All players must submit proof of a current athletic physical, performed by a certified Health Care Provider (good for 2 years) and meet the Club's academic standards to be eligible to play in games. Players are eligible to receive school athletic letters (criteria to be approved by the Sunset Lacrosse Board). Players are recognized at awards banquets and assemblies and their pictures will appear in the yearbook.

## 2010 SEASON

### Mandatory Participation

**Pre-Season Team Conditioning** begins Monday, February 8 – Friday, February 19. This is field conditioning and includes: running, stretching, team building games. Bring water, good shoes and a smile!! **NO EQUIPMENT IS ALLOWED DURING THESE TWO WEEKS.** Sessions run M-F 5:15 – 6:45 PM on the turf field and track (boys and girls).

**Lacrosse Practice** begins February 22nd. Boys/Girls will practice M-F, Girls: 5:15-7:00 PM, Boys 7:00 – 10:00 PM. Full lacrosse equipment is required at all times.

### Optional Participation

All interested players may participate in the following optional team activities:

**Saturday Open Sessions** - Informal, student led sessions begin October 3rd and run through January 31; girls from 9:30 - 11:00 and boys from 11:00am – 12:30pm. Waiver Required. Please visit club website to download waiver. (No Coaches present, run by upperclassmen/women)

**Sunset Athletic Club Conditioning Classes** - (boys/girls) will be held after school at the SAC January 11 – February 5. Sessions are M, W, F and run from 3:00 – 4:00pm. Waiver Required. Please visit the club website to download waiver.

Please refer to the club website frequently for details. Games begin in mid March and continue until late May. There are one or two games each week and sometimes a weekend game or tournament. Practice is Monday-Friday after school except game days. The boys' and girls' teams will practice at Sunset High School and alternate fields TBA.

## REQUIRED PLAYER EQUIPMENT

Players are responsible for providing their own equipment.

<b>Girls</b>	Mouth guard, goggles, lacrosse stick
<b>Girls Goalie</b>	Equipment Provided
<b>Boys</b>	Helmet (WHITE), Shoulder pads, elbow pads, athletic cup, mouth guard, lacrosse stick, gloves
<b>Boys Goalie</b>	Helmet(WHITE), Goalie gloves, chest protector, goalie athletic cup, goalie stick, mouth guard

Equipment can be purchased at a number of local retail stores including:  
BigFoot Lacrosse, Dick's Sporting Goods, Sports Authority and Chopsticks Lacrosse.

## 2010 SEASON Cost

Fees the 2010 season remain unchanged as follows:

**Costs:** \$ 420.00 Per player (Girls and Boys)  
Includes Club fees, THPRD field usage Fees and US Lacrosse Membership!!  
Does NOT include uniform costs. See below

### Uniforms:

\$ 115.50 Girls Uniforms (if Needed) **ONLY NEW GIRLS PLAYERS must purchase uniforms.**  
Returning girls may use their uniforms from last season  
\$ 156.00 Boys uniforms (if needed) **ONLY NEW BOYS PLAYERS will need to purchase uniforms.** Returning boys may use their uniforms from last season.

Please Note: The club has limited funds available for scholarship. If you are unable to meet the financial requirements of registering your child, please contact Club President, Steve Hofmeister (info below). Please explain your situation. All requests will be evaluated on a case by case basis.

## How Do I Register??

Player registration can be done at the Sunset Lacrosse website: [www.sunsetlacrosse.com](http://www.sunsetlacrosse.com)  
Registration begins November 4<sup>th</sup>, 2009 and runs through January 31<sup>st</sup> 2010. All players must live within the [SUNSET HIGH SCHOOL attendance boundary](#) and **have a current THPRD #** to play for Sunset Lacrosse.

On the website home page, click on the registration button on the left side of the page. You will be asked to create an account using an email address and to create a password so that you can access your player profile at any time to edit or update information. Once you have created your profile, just enter in your player information and pay with a credit or debit card. At the end of a short process, you will have

- Paid your club fees
- Registered or renewed your US Lacrosse membership
- Paid for any needed uniforms (if necessary)

**IMPORTANT:** It is NOT necessary for you to renew your US Lacrosse membership separately. Our registration system will do this for you automatically and the fee is already included in your registration fees.

**PLEASE NOTE:** There are TWO forms that still need to be filled out by hand, printed and mailed in to the appropriate registrar (see below) **w/o fees.** These two forms and links to download them will be made available to you at the end of the online registration process. Your registration will not be complete (and you will not be eligible to play...) until these have been filled in and mailed in.

**Registration Deadline, January 31st, 2010** (Late registrations will incur a \$25 late fee and a \$75 late uniform order charge to cover RUSH shipping and additional manufacturer's fees.) We encourage you to visit the site and..... REGISTER TODAY!!

## Refund Policy

The deadline to request a refund of team dues is March 15, 2010. All refund requests must be made in writing (email) to the appropriate registrar

Girls - Janelle Lorts [lacrossebiz@hotmail.com](mailto:lacrossebiz@hotmail.com)

Boys - Allie Regan [aregan5@comcast.net](mailto:aregan5@comcast.net)

No refunds will be made after this date. Refunds will be made by the club and NOT ONLINE. Fees paid to U.S. Lacrosse are non-refundable. Player uniform fees are only refundable prior to January 31st. After that date they are not refundable. All refunds will incur a \$15 administration fee.

## About THPRD and Sunset Lacrosse

**NEW THIS YEAR** - Beaverton School District is no longer governing HS Lacrosse in the district. This has been shifted over to THPRD. While we are still waiting to learn all of the details, we know three things for sure that will affect HOW you register for Sunset Lacrosse :

1. There is no longer the need for players to fill out and pay the BSD \$25 Player Participation Form. Instead THPRD field usage fees are now covered through Sunset Lacrosse registration fees, much like BSD fees in the past. These fees do not affect the cost to play at Sunset.
2. The Club will continue to require all players to submit proof of a physical every TWO years. All new players must submit proof of a physical to the appropriate registrar and NOT Sunset High School. If a player has participated in a Fall /Winter sport at SHS, Sunset Lacrosse will obtain a copy of that physical from the Athletic office to have on file. Players whose physicals have expired will be notified by the registrar and required to submit a new physical prior to playing. Please **remember to submit these forms to Sunset Lacrosse and NOT Sunset High School.** We will continue to ask players to use the School Sports Pre-Participation Examination form as proof of a valid physical.
3. **ALL PLAYERS MUST HAVE VALID THPRD # TO PARTICIPATE.** For those of you who reside within the THPRD District Boundary, you will only need to provide your THPRD number at the time of registration. For those of you who live "out of District", you will need to contact THPRD, pay an assessment fee and get a THPRD # to participate. THPRD: 503.629.6330

Sunset Lacrosse has been on the cutting edge of high school lacrosse development within the State of Oregon since the very beginning - more than 11 years ago. Our relationship with the administration and more importantly with the Athletic Department at Sunset is very strong and we are supported.

We look forward to a successful 2010 campaign for both our boys' and girls' program. We understand there will be questions and concerns. Trust that the board has the interest of players, parents and the lacrosse community as a whole in their minds and is doing work to ensure continuity in the future.

## IMPORTANT Club Contacts

<b>Website:</b>	<a href="http://www.sunsetlacrosse.com">www.sunsetlacrosse.com</a>
<b>President</b>	Steve Hofmeister - <a href="mailto:stevehoffy@yahoo.com">stevehoffy@yahoo.com</a>
<b>Girls Registrar</b>	Janelle Lorts - <a href="mailto:lacrossebiz@hotmail.com">lacrossebiz@hotmail.com</a> Home: 503-292-1841
<b>Boys Registrar</b>	Allie Regan - <a href="mailto:aregan5@comcast.net">aregan5@comcast.net</a> Home: 503-617-0121

The Club communicates through email and our website. Please be sure to add the following email addresses to your 'safe senders' list: [sunsetlacrosse@comcast.net](mailto:sunsetlacrosse@comcast.net), [info@sunsetlacrosse.com](mailto:info@sunsetlacrosse.com) & [aregan5@comcast.net](mailto:aregan5@comcast.net)  
A volunteer parent board manages the Sunset Lacrosse program. Please visit the club website and click on the "Contacts" link on the home page for a complete list of High School Club Board members.