



SUNSET LACROSSE

Youth and High School Lacrosse, Portland, Oregon

WELCOME to Sunset High School Lacrosse

The 2011 Season is just around the corner. In the meantime, keep that stick in your hand and PRACTICE, PRACTICE, PRACTICE!!

Overview

For the last three seasons (2008 - 2010) Sunset High School Boys have won the Metro League Lacrosse Champion title. The girls won this title for six consecutive years (2005 - 2010). During the 2010 season, the boys varsity team made it all the way to the State championships and was the state runner up. The girls varsity won the state championship in 2004. 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.

2011 SEASON

Mandatory Participation

Pre-Season Team Conditioning begins **Monday, February 14 – Friday, February 25**. 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 28th**. 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 2nd and run through February 12; girls from 9:00 - 10:30 and boys from 10:30am – 12:00pm. Waiver Required. Please visit club website to download waiver. (No Coaches present, run by upperclassmen/women)

Conditioning Classes – (boys/girls) will be held after school (Location tbd) January 17 – February 11. Sessions are M, W, F and run from 3:00 – 4:00pm. Waiver and fees 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.

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

About THPRD and Sunset Lacrosse

Beaverton School District is no longer organizing HS Lacrosse in the district.

Beginning in the 2011 season...THPRD will now be requiring ALL youth AND high school lacrosse players to have a valid THPRD membership #.

For those players residing outside of the Tualatin Hills Park and Recreation District boundaries you must purchase an out of district assessment and obtain a valid THPRD # to participate.

During registration, players will be asked for their THPRD #. We suggest you know your THPRD # prior to starting registration. For all Out of District THPRD players, please contact THPRD in one of the following ways:

- If you are an **out of district participant with a THPRD ID**, you can renew or update your son/daughter's status on line at the [THPRD website \(www.thprd.org\)](http://www.thprd.org). Even if they have a number from many years ago you can renew on line. You should renew and select the Spring 2011 session when you are on line.
- **If you are out of district and have NEVER initiated a THPRD ID you'll have to go into a THPRD facility (such as Cedar Hills Rec Center, Sunset Pool, or the main THPRD on Walker Rd) to activate the process. Again you'll select Spring 2011 as your active quarter.**

In either case, you can expect to pay only one quarter of fees in order to participate in lacrosse. Our season will span beyond one THPRD 90 day term but they are treating lacrosse just like soccer, **one fee for one season of play**. We have been told that the THPRD quarterly fee has been \$67

The Main phone for THPRD is: 503.645.6433. Additionally, **If you live outside of the THPRD district and attend a school outside of the Beaverton school district, you are required to pay a THPRD season fee.** Once you pay this fee, THPRD will provide you a #. If you would like a listing of the THPRD recreation centers, please visit the THPRD website at <http://www.thprd.org/>. **To check if you reside within the THPRD boundary, visit:**

<http://files.leagueathletics.com/Images/Club/5091/THPRD%20Boundary%20Map.pdf>

2011 SEASON Cost

Fees the 2011 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.

FINANCIAL AID: The club has limited funds available for scholarship. If you are unable to meet the

financial requirements of registering your child, please visit the High School Financial Aid section of the club website (www.sunsetlacrosse.com, click on the High School tab and then the financial Aid tab) and submit an aid application. More information: contact Janelle Lorts (info below).

How Do I Register??

Player registration can be done at the Sunset Lacrosse website: www.sunsetlacrosse.com
Registration begins November 1st, 2010 and runs through January 15th 2011. 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.

NEW !! Registration Deadline, January 15th, 2011 (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 14, 2011. All refund requests must be made **in writing (email) to the appropriate registrar.**

Girls - Janelle Lorts lacrossebiz@hotmail.com
Boys - Kerrie Stavig sunsetlacrosse.ks@gmail.com

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 15th. After that date they are not refundable. All refunds will incur a \$15 administration fee.

IMPORTANT Club Contacts

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| Website: | www.sunsetlacrosse.com |
| President | Steve Hofmeister - stevehoffy@yahoo.com |
| Girls Registrar | Janelle Lorts - lacrossebiz@hotmail.com Home: 503-292-1841 |
| Boys Registrar | Kerrie Stavig - sunsetlacrosse.ks@gmail.com |

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, info@sunsetlacrosse.com & 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.