

PALOS VERDES HIGH SCHOOL SEAKINGS 2007!

The start of the 2007 lacrosse season is finally here! The coaches are ready, the players are ready and now it's time to get the parents ready too! This year the Sea Kings will carry two squads. Varsity and JV will consist of 35 players each. This is about 20 more players than we had last year, which will mean we will need more support from the parents. In this packet I hope you will find most of the info you will need to start the season off.

1. **Team Meeting- Wed. Jan. 31st. JV 6:30, Varsity 7:30.**
2. **Clearance Forms-** These should be up on the website by now.

www.seakingslax.com

Please download these forms and fill them out. They must be completed and turned in before your child can play!!!!!! This includes the Physicals! Dr. Novom will be conducting physical for all players that have not had a physical in the past year. This will take place on Jan. 31st, during 6th period Lacrosse. The cost will be \$30.00 per player. Dr. Novom is graciously donating all proceeds back to the lacrosse program. Please take advantage of this wonderful and EASY fundraiser!

Once your forms are filled out the money and forms must be returned and signed off at the student store, nurse's office and the Athletic Office.

Your son will not be eligible to play if these forms are filed out by Friday, Feb. 9th.

3. **Uniform Fee-** This year the school has established a uniform fee. All sports and activities will have some fee. Lacrosse will have a \$40.00 fee that will be paid to the Uniform ASB account. This should be a separate check paid to ASB and also will be collected in the student store "Lax Box".
4. **Website Release Form-** There is a website release form that will be posted on the website. If you do not want your players name or picture posted on the website, please download, sign and return to the "LAX Box" located in the student store.
5. **Transportation Release Form-** The transportation release form is located on the website. This must be filled out and return to the student store "Lax Box" before the players can practice at Malaga cove. Again, this must be done before the players can leave campus!!!! No Exceptions!

6. **“Spirit Pack”**- The “Spirit Pack” is listed in the back of this packet. This is the practice uniforms and travel gear that Lane would like each boy to have. The cost of the pack is \$427.00.
7. **Team Dinners**- There will be 4 “Team Dinners” through the year. The cost will be \$32.00. per player.
8. **End of the Season Banquet**- The cost will be \$35.00 per player. This will cover the players only. We will open this up later for parents and families.
9. **Coaches/Senior Gifts**- \$20
10. **Additional Coach**-Lane is in the process of hiring an additional Coach.
11. **Gloves**- The school has purchased both the JV and Varsity new gloves. You will have the option to buy these for \$120.00. This is totally optional.
12. **Parent Involvement List**- Please look at this list so you can decide where you would like to help. This program is successful in part because of strong parent support.....please continue to support our winning lacrosse tradition at PVHS!!!!
13. **Schedule**- Both Varsity and JV Schedules are attached, and can be downloaded from the website. They are tentative and are subject to change. We will let you know as soon as we can about any changes.
14. **Carmel Invitational**-March 22-24 (Varsity Only). Kelly Kasai will be putting this together. Keep the dates in mind and if you can help with any carpooling or chaperoning let her know.
15. **Communication**- All communication from Lane will be posted on the website. It will be the player’s responsibility to check the website everyday for any changes.