

**BLUE WAVE WEST YOUTH LACROSSE ORGANIZATION, INC.
UPSTATE LACROSSE ASSOCIATION**

AMATEUR ATHLETIC MINOR WAIVER AND RELEASE OF LIABILITY

In consideration of being allowed to participate in any way in the Upstate Lacrosse Association athletics/sports program and related events and activities the undersigned:

1. Agree that the parent(s) and or legal guardian(s) will instruct the minor participant that prior to participating in he or she should inspect the facilities and equipment to be used, and if the participant believes anything is unsafe, he or she should immediately advise his or her coach or supervisor of such condition(s) and refuse to participate.
2. Acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inactions or negligence but the action, inaction or negligence of others, the rules of play or the condition of the premises or any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time.
3. Assume all the foregoing risk and accept personal responsibility for the damages following injury, permanent disability or death.
4. Release, waive, discharge and covenant not to sue the UPSTATE LACROSSE ASSOCIATION (ULA) and or the BLUE WAVE WEST YOUTH LACROSSE ORGANIZATION, INC., it's affiliated organizations their administrators, directors, agents, coaches, and other employees of the organization, other participants, sponsoring agencies, sponsors, advertisers and if applicable, owners and leasers of premised used to conduct the event. All of which are herein after referred to as "Releases", from any and all liability to each of the undersigned, his or her heirs and next of kin for any and all claims, demands, losses or damages on account of any injury, including death or damage to property, caused or alleged to be caused in whole or part by the negligence of releases or otherwise.
5. I/We have read the above waiver and release, understand that by accepting the terms of the waiver and release that I/we have voluntarily given up substantial rights.

Parent/Guardian Signature (Relationship)

Date

Printed Name of Parent/Guardian

Printed Name of Participant

Address of Participant

Participant Phone Number

Parent/Guardian Cell or Work Phone Number

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Explanation of Inherent Risks and Participation Agreement for Lacrosse

Note: The athlete and both parents and legal guardians must sign this form before any athlete may participate in Blue Wave West Youth Lacrosse Association, Inc. practices or games. If one parent or guardian is deceased, please indicate this on the appropriate line.

Lacrosse is an exciting sport that often involves forceful contact with the ground or another player. The sport is also frequently played during hot, humid seasons. Because of these conditions inherent to the sport, participating in the lacrosse exposes athletes to many risks of injury. Those injuries include, but are not limited to: death, paralysis due to serious neck and back injuries, brain damage, damage to internal organs, serious injuries to the bones, ligaments, joints and tendons and general deterioration of health. Such injuries can result not only in temporary loss of functions but also serious impairment of future physical, psychological and social abilities including the ability to earn a living.

In an effort to make the sport of lacrosse as safe as possible, the coaching staff will instruct players concerning the rules of lacrosse and the correct mechanics of all skills. It is vital that athletes follow the coach's skill instructions, training rules and team rules and policies to decrease the possibilities of serious injury.

I, the parents or legal guardian of the registered player(s), have read the information above concerning the risk of playing lacrosse. I understand and assume all the risks associated with practicing or playing lacrosse. I further agree to hold the Blue Wave West Lacrosse Youth Organization, Inc. and its representatives, coaches, volunteers and agents harmless in any and all liability actions, claims or additional legal action in connection with participation in any activities related to participation on the Blue Wave West Lacrosse Organization Team. By accepting the terms of this form, I assume the inherent risks of lacrosse and waive future legal action by our heir, estate, executor, administrator, assignees, family members and ourselves.

Proceed to the Conduct and Participation Contract

BLUE WAVE WEST YOUTH LACROSSE ORGANIZATION, INC.

CONDUCT & PARTICIPATION CONTRACT

Blue Wave West Youth Lacrosse Organization, Inc. (hereafter referred to as Blue Wave) will abide by a strict Code of Conduct governing all coaches, players, officials and parents. Blue Wave has adopted the Code of Conduct since its inception. The purpose of the code is to ensure that all of those people associated with Blue Wave treat each other with dignity and respect.

The Code of Conduct is a condition of membership for all players, parents, coaches and officials. All members who join Blue Wave agree to abide by the Code of Conduct and to be subject to the consequences of violating the code. Every Registration Form for Blue Wave includes the Code of Conduct, either directly or by reference.

All enforcement decisions made by the officials of the Blue Wave are final and not subject to review. No refunds will be granted to those players dismissed from the club for violating the Code of Conduct.

PARTICIPATION CONTRACT

I wish to participate in Blue Wave activities. As a participant in such play, I pledge to:

- Learn the rules of lacrosse so that I may be a better player, coach, and fan.
- Encourage good sportsmanship by demonstrating only positive support for all players, coaches, and officials at every event.
- Support the drug and tobacco-free environment that is important for all youth sporting events.
- Make only supportive comments to all players, coaches, and officials.
- Remember the field is a classroom and everyone is learning.
- Focus on the fun and the participation.

I also pledge NOT to:

- Ever use profanity at a youth event.
- Criticize the coaches, players, or officials.
- Touch an opposing player, coach, or game official in a threatening manner.
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Poor sportsmanship will carry, at a minimum, the following consequences:

First Offense: Verbal warning

Second Offense: Dismissal from the game

Third Offense: Dismissal from the next game

Fourth Offense: Dismissal from the team

**BLUE WAVE WEST YOUTH LACROSSE ORGANIZATION, INC.
POLICY STATEMENTS**

CODE OF CONDUCT CONSEQUENCES

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Second Offense: Dismissal from the game

Third Offense: Dismissal from the next game

Fourth Offense: Dismissal from the team

We, parent(s) and player, have discussed the Code of Conduct and agree to abide by it. We understand that there is no refund or recourse for dismissal from lacrosse as a consequence of breaking this Code of Conduct.

PRACTICE AND/OR GAME CANCELLATIONS POLICY

It is the Blue Wave's intent to keep this website, www.bluewavelacrosse.com, as up-to-date as possible in regards to game and/or practice cancellation information.

If you have any questions or doubts about an event being cancelled (due to weather, etc.), PLEASE check this website before you leave.

PLAYING TIME POLICY

Blue Wave believes that all youth lacrosse players need ample playing time during both practices and games to develop in a sport and to get the most enjoyment out of the game.

We follow a simple equation:

Attendance + Effort + Attitude = Playing Time

Players who attend practice, try hard and follow the Code of Conduct will receive ample playing time. Players who do not attend every practice, do not show up on time, do not try their hardest and do not show respect for coaches, officials, opponents, and teammates will not get as much playing time as teammates. Please discuss this policy with your child.

DROP-OFF AND PICK-UP POLICY

Parents must come into practice area 10 minutes before and after practice to pick up the players. The reason for this is to get information directly to

parents. In the past the kids have not done a very good job even with flyers. Also we do not want kids wandering the parking lots and getting left behind. The players need to be on the field at the start time.

Coaches (all volunteers) put enough extra time in. Staying after to make sure kids' parents shows up is very unfair to the coaches and staff. Please be sure to pick your child up promptly at the conclusion of practice.

ATTENDANCE POLICY

This policy is NOT applicable to Instructional (Kindergarten, 1st and 2nd graders)

POLICY: Players are required to attend ALL lacrosse games and practices. Practices are as important as games. Players should be fully dressed, on the field and ready to play -- on time.

CONSEQUENCES: Players who miss practices or games without good reason (school, religion, family, health) will receive reduced or no playing time during games at the discretion of the head coach. Please call or email your manager or head coach at least 2 hours BEFORE practice if you are going to be absent. Please state the reason for your absence. Any absence that occurs without prior notice will be deemed "unexcused."

EVENTS SANCTIONED BY THE ULA ORGANIZATION

The Blue Wave Organization will enforce all policies in regard to these tournaments and events

EVENTS NOT SANCTIONED BY THE ULA ORGANIZATION

The Blue Wave Organization may assist to facilitate interest in non-sanctioned ULA tournaments and events and in some rare instances lend its name to participating teams. In these situations the Blue Wave Board has no jurisdiction and therefore cannot enforce Blue Wave policy. The Board and the organization are acting solely as a facilitator and cannot be held responsible for the management and/or operation of these teams. A list of the events that fall in this category is available on the Blue Wave Website.

COMMONLY ASKED QUESTIONS

Why do we have a strong and well-defined attendance policy?

Respect -- Respect for your coach, your teammates and yourself. Coaches spend considerable time planning practices to teach skill and prepare for games. A practice plan relies on consistent attendance from all players. With just a few late or missing players, a practice plan can be thrown out the window.

Teamwork -- Lacrosse is a team sport. Teamwork is a "life skill" that stays with young athletes long after they stop playing sports. It often makes them better in social, educational and, eventually, professional environments.

Commitment -- On a team, the group suffers unless everyone is committed to its success. Commitment requires that everyone show up ready to play on time every session. Showing up "when you feel like it" just doesn't cut it in Blue Wave Lacrosse, just like it doesn't cut it when you are a member of a musical band, a theatrical play, or any other group activity. Making commitments and fulfilling them are important in both sports and life. We want to send the right message to our players.

The life skills learned in youth sports are much more sustaining than the sports skills that they learn (although we care a lot about developing sports skills, too.)

Can my child play lacrosse AND do other activities during the spring?

Yes. However, conflicts with other sports are not an excuse for missing lacrosse practices or games. Such absences will be treated as unexcused absences at all levels of Blue Wave.

Should my child play lacrosse during the off-season?

We do not offer fall lacrosse at this time but we can assist you in finding local programs. Our policy is if you sign up for lacrosse in the spring, then you have explicitly agreed that lacrosse comes FIRST over all other sports commitment in the spring. In the fall season, lacrosse should come LAST. Lacrosse purposely avoids the fall, winter and summer seasons so that children can play and enjoy other sports that are traditionally played during those seasons. All research indicates that athletes are better off, physically and mentally, if they play different sports during different seasons of the year. It reduces repetitive

stress and burnout. You are only a kid once. Play different sports each season and enjoy the unique qualities of each sport.

How will this philosophy affect my sports participation in high school?

Since many of the young athletes in Blue Wave may have the chance to play two or three sports in high school, we do not encourage athletes at the youth level to limit themselves to only one sport. And for the few kids who go on to play at the college level, most research shows that most one-sport college athletes played at least two sports in high school. You are usually better off by playing a different sport each season and restricting your commitment to one sport per season. We hope that you choose to play lacrosse in the spring and other sports in the fall and winter seasons.