# Girls’ Lacrosse

Our new Girls’ Lacrosse program will officially begin on March 27, 2017, weather permitting! The coaching position remains open, but we are confident that it will be filled when the season begins! The LAX schedule will be available soon and published online at berkshirewaldorf.com. **Questions? Please contact Mr. Palmer at (406) 579-4787 or email athletics@berkshirewaldorf.com.**

***Practice:*** Practices are on Monday, Tuesday, and Thursday, 3:00 – 5:00 p.m. at the Rudolf Steiner School Field. Because of the schools we play, matches may occur on days we do not have practice, but your weekly LAX commitment will not exceed four days. **Attendance is required ALL days, unless a student is absent from school or has made special arrangements with the coach or Mr. Palmer.**Once a commitment has been made, the student is expected to participate for the duration of the program and to be available for all games. Please contact Mr. Palmer if there is a consistent (i.e. lesson) one-day conflict, since our school would prefer for the student to play than to not participate at all.

***Transportation:*** Players are expected to be picked up at the end of practice. Bus transportation will be provided when practice falls on PE days (Tues., 9th/10th grades; Thurs., 11th/12th grades.) On other days players may take the Steiner shuttle.

***Athletic Clothing/Equipment:*** All LAX players must come to practice prepared to play in appropriate attire: cleats, shorts or athletic pants. Don’t forget to bring your stick, or borrow one from Steiner. LAX players must wear mouth guards during games and this is highly recommended during practice. LAX sticks can be purchased at Dicks Sporting Goods in Pittsfield or online.

***Physical:*** *Massachusetts State Law requires that any student who attends a Massachusetts school and participates in any sports* ***MUST*** *have a physical each new school year.*

##### *Complete form below, tear off at dotted line, and return to Mrs. Bellamy or place in the sports mailbox at school.  Keep the top for your information.*

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# BWHS GIRLS’ LACROSSE PROGRAM

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, am participating in the Berkshire Waldorf High School Girls’ Lacrosse Program. I agree to submit an updated physical completed by my physician, and to meet all commitments and requirements regarding attendance and dress code.

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#### *Participant (Print name, then sign) Date*

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Parent Date