

2019 CDH Women's Lacrosse Captains Practices



The following dates have been reserved for the 2019 Captains Practices.

This year practices will be led by **Taylor Tvedt** former DI Goalie for Lehigh University and Assistant Coach Augsburg Woman's Lacrosse.

Monday, March 11th – 8:00PM-9:30PM AUX GYM

Wednesday, March 13th – 8:00PM-9:30PM AUX GYM

Monday, March 18th – 3:00PM-4:30PM AUX GYM

Wednesday, March 20th - 7:30PM-9:00PM AUX GYM

Monday, March 25th - 3:00PM-4:30PM AUX GYM

Wednesday, March 27th - 3:00PM-4:30PM AUX GYM

***Space is limited. The first 45 players to register will be guaranteed a spot for Captains Practices. Please contact one of the captains below if you are in need of a ride to the dome.**

Fee: \$25 for all six sessions (Checks should be payable to Tami Crawford)

Please give the signed registration form/waiver and check to one of the Captains **PRIOR to the first day of workouts:**

Olivia Crawford – 651-280-0793

Anne Marie Rhoda - 651-964-5278

Nina Petara – 651-347-8328

****Players will not be allowed to practice if the below waiver is not submitted prior to practice.**

I/we give my permission for _____ to participate in the Cretin Derham-Hall Women's Lacrosse Captain's Practice as she is healthy and under no physical restrictions. I/we know that participation in the clinic may result in serious injury and protective equipment does not prevent all injuries to players and do hereby waive, release, absolve, indemnify, and agree to hold harmless, organizers, supervisors, participants and persons transporting my/our child to and from activities for any claim arising out of injury/ies to my/our child whether the result of negligence or for any other cause.

Name _____ Grade _____ Position _____

Email _____ Phone # _____ Parent _____

Signature _____ Date _____