

**BOB MILLER LACROSSE**  
**- SPRING 2010 -**

**The Team Commitment Fee** of \$100.00 includes costs such as miscellaneous team equipment (balls, nets, first aid supplies, water/ice for games. Additional fees may be due in the future depending on sponsorships and fundraisers.

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**US Lacrosse Registration** is required prior to the first team practice. This \$25 fee includes one year of registration, player insurance, and a monthly magazine subscription. Please register and pay this fee on line at [www.uslacrosse.org](http://www.uslacrosse.org). Bring proof of renewal/membership when you register. You must have this to participate in practice.

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**The Southern Nevada Lacrosse Association** registration must be completed by first day of practice. This fee covers the league's cost for referees and fields. Please register on-line, utilizing the link on [www.lasvegaslacrosse.org](http://www.lasvegaslacrosse.org). You can either pay the fee on-line with a credit card or mail a check to the League. You do not need proof of this registration as we can access that information on-line.

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**A Sports Physical** is required prior to participation. Please use the physical forms provided at the parents' meeting. You may go to any doctor or Quick Care facility for this physical. We will be offering physicals at Miller Middle School at a reduced cost of \$15 with services being generously donated by Dr. Joë Heck and Dr. Eugene Schnitzler. *The first date offered will be Saturday, November 21<sup>st</sup> from 11am – 1 pm at Miller Middle School.* An e-mail for an additional date/time should follow shortly.

**SPREAD THE WORD** – This is open to any student athlete that may require a sports physical i.e. basketball, soccer, baseball etc. Everyone is welcome to take advantage of this great offer and all proceeds will go back to your Miller Lacrosse Team!!

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**Equipment** may be purchased anywhere you choose. Sling-It Lacrosse offers special lacrosse starter packages at great prices. Players may wear either lacrosse or soccer cleats. Each player is expected to come to practice fully prepared with all required gear.

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