



**Support the Capistrano Valley High School Girls Lacrosse Program  
Advertise in Cougar Stadium or on [www.cvhsgirlslacrosse.com](http://www.cvhsgirlslacrosse.com)**

Donate \$525 and an 8' x 3' banner will be displayed in the 4,000-seat Cougar Stadium along the interior stadium fence, at end-zones, and opposite home side bleachers.

Donate \$400 and your logo will be on the team equipment bags used at practice and games.

Donate \$100 or more and your company logo and link to your website will be displayed on [www.cvhsgirlslacrosse.com](http://www.cvhsgirlslacrosse.com).

*Proceeds directly support the girls lacrosse program, a not for profit organization*

\*\*\*\*\*

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**Thank you for supporting Capistrano Valley High School Girls Lacrosse!**

Check # \_\_\_\_\_ Date \_\_\_\_\_

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**CVHS  
COUGARS**

# girls lacrosse



**CAPISTRANO VALLEY HIGH SCHOOL**  
2600 VIA ESCOBAR, MISSION VIEJO, CA 92692  
 949-564-6000 PHONE | 949-547-0950 FAX

**Welcome**

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**Welcome to the Capistrano Valley High School Girls Lacrosse website!**

The 2010 Capistrano Valley High School Girls Lacrosse Team, under the direction of head coach Ryan Gustafson, is in its third season as a varsity sport. Assisting Coach Gustafson are coaches Debbie "Smitty" Smith and Chelsea Perez.

The Cougars compete in the South Coast League which includes Aliso Niguel High School, Dana Hills High School, Mission Viejo High School, San Clemente High School, and Tesoro High School.



**2009 VARSITY GIRLS LACROSSE  
CAPISTRANO VALLEY HIGH SCHOOL**

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Contacts: [Ryan Gustafson](#) (Head Coach) | [Wanda Hadley](#) (Booster Club) | [Christy Curtis](#) (Athletic Director)

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Last Update: 12/4/2009





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Also, our Sponsor page provides your company logo and contact information.