

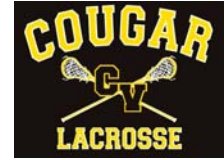


CAPISTRANO VALLEY HIGH SCHOOL

26301 Via Escolar Mission Viejo, CA 92692

GIRLS LACROSSE

Head Coach: Ryan Gustafson
rrgustafson@capousd.org



2010 PLAYERS PACKET

Girls Lacrosse Parents,

We are very excited about the upcoming season. Our goal is to make this season positive, fun and memorable for the girls and everyone involved.

In order to make that happen, we all need to work together. The coaches, athletic directors and Booster Club Board have been working hard the past few months to prepare for the upcoming season. Now, we need your help!

At least one parent/guardian for each team member must attend the MANDATORY Parents Meeting on WEDNESDAY, February 3rd at 7PM in the Faculty/Staff Lounge.

In addition, there are a number of forms attached below. **Please print and complete** each form and bring them with you to the Parents Meeting. Please review and complete the forms before the meeting, since some require information from your daughter.

- Code of Conduct Form
- Player Donation Form - additional donations/sponsors are also greatly appreciated
- Player Information Form / Uniform Replacement Reimbursement Agreement
- Website Permission Form
- Secret Sister Form

Also, please bring two (2) checks:

- #1 made out to "CVHS Girls Lacrosse Booster Club" for \$395 - this is the player donation (see details below). Please write your daughter's name on the memo line of your check.
- #2 made out to "CVHS" for \$105 - this is the Transportation Fee (see attached letter for details, as your cost may be lower based on individual and family limits for those in other activities involving CUSD transportation). Please write your daughter's name and "Girls LAX" on the memo line of your check.

We need everything completed on February 3rd to ensure proper processing before the season starts. We will cover any questions at the meeting

There is still a lot to be done before the season starts. Volunteer openings will be discussed at the meeting. We need everyone to help where they can to make the season and overall experience a success for the girls.

We look forward to seeing you at the Parents Meeting and on the field!

Thanks,
Coach Gustafson and the CVHS Girls Lacrosse Booster Club Board



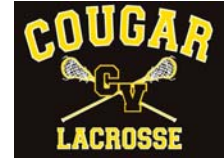
CAPISTRANO VALLEY HIGH SCHOOL

26301 Via Escolar Mission Viejo, CA 92692

GIRLS LACROSSE

Head Coach: Ryan Gustafson

rrgustafson@capousd.org



Program Philosophy

The Athletic Department at Capistrano Valley High School serves the mission of the institution by providing student-athletes the opportunity for scholarly development, competitive experiences, and developing physical, intellectual, social, and psychological wellness that embodies the total person.

This program is designed for individuals to learn and compete in the sport of Lacrosse. The goal is to develop individuals, and the team to compete at a championship level. It is a simple game of execution and teamwork which teaches student-athletes many important life experiences that will help build the future citizens and leaders of our society.

As the head coach of the Capistrano Valley High School Girls Lacrosse program, I believe that each student-athlete should exemplify the highest ideals of scholarship, sportsmanship, and citizenship. Players right or wrong are held to a higher standard than all other student-athletes. As head coach I welcome this high standard because I believe that it is warranted. This program will demand excellence in all aspects of the student-athletes' lives: Academics, citizenship, sportsmanship, and performance.

- All student-athletes will be required to have a minimum of a 2.0 grade point average with no D's or F's. Any student receiving a D or F will be suspended from games until her classroom achievement is brought up to a C. Although average performance is not our goal it will be tolerated during the season.
- All student-athletes will receive at least an S in citizenship. Any student receiving a U in citizenship will be suspended from games until her behavior is remedied. This will include a student-coach-teacher conference.
- Sportsmanship is simply good character when participating in sports. Sportsmanship is about respect for opponents, officials, teammates, coaches- and especially for the game itself. Profanity, vulgarity, off-color or derogatory statements will not be tolerated. Players engaging in such activity will be removed from the field and reprimanded in a manner as to prevent future inappropriate behaviors.

Behavior

1. Athletes are reminded that their conduct and behavior is a direct reflection upon Capistrano Valley High School Girls Lacrosse and will therefore conduct themselves in a manner consistent with proper discipline, professionalism and sportsmanship. Specifically, players will be respectful to all persons, and especially to: school employees, teachers, parents, teammates, coaches, opponents, game officials and other students.
2. Players will keep in mind the following guidelines in assessing their behavior:
 - Players will always act with honesty and integrity.
 - Players will not curse, swear or use any type of vulgarity.
 - Players will refrain from horseplay.
 - Players will maintain proper decorum while in the locker room, training room and/or on the bench.
 - Players will help maintain a clean field, locker room and campus.
3. Failure to adhere to these guidelines will result in disciplinary action up to and including the possibility of dismissal from the team. Discipline will be based upon the severity of the player's actions, and the overall past record of the individual player in question.



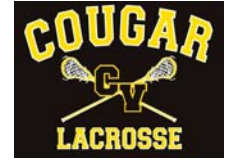
CAPISTRANO VALLEY HIGH SCHOOL

26301 Via Escolar Mission Viejo, CA 92692

GIRLS LACROSSE

Head Coach: Ryan Gustafson

rrgustafson@capousd.org



Code of Conduct

1. Student-athletes are afforded the privilege of participating in the athletics program at Capistrano Valley High School. With this privilege comes responsibility. Student-athletes will abide by the policies of the Athletic Department, the direction of the coaching staff and will contribute an atmosphere of respect and mutual support.
2. As a Capistrano Valley High School athlete, you are first and foremost a student. As a student-athlete, you are expected to fulfill certain expectations. Among these are understanding that:
 - Capistrano Valley High School is a distinguished school.
 - Earning a High School diploma is your primary goal.
 - Regular class attendance is expected.
 - Complying with South Coast League rules is your responsibility.
 - You represent Capistrano Valley High School, the Athletic Department and your team at all times and each is judged by your actions.
 - You are expected to make a commitment to academics and athletic integrity.
3. Student-athletes will treat all players, opponents, coaches, officials and spectators with respect and courtesy at all times.
4. Student-athletes will respect and comply with the directions and decisions of their coaches.
5. Student-athletes who have questions or concerns regarding directions and decisions will address the coach in private.
6. Student-athletes will abide by the training rules established in each program to achieve their full potential.
7. Student-athletes will respect the achievements of the opponent. They should extend appreciation to those who made the athletic contest possible.
8. Student-athletes will positively contribute to the total high School Athletic Program of Capistrano Valley High School. Each individual athlete will assist with program tasks and will provide an attitude of positive support and good will while performing these duties.

Signed:

Student-Athlete: _____ **Date:** _____

Parent: _____ **Date:** _____



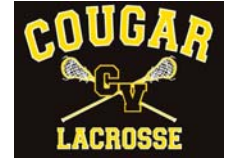
CAPISTRANO VALLEY HIGH SCHOOL

26301 Via Escolar Mission Viejo, CA 92692

GIRLS LACROSSE

Head Coach: Ryan Gustafson

rrgustafson@capousd.org



Player Donation

Welcome to the 2010 Girls Lacrosse season! We are looking forward to a great season, but, of course, we need to take care of some business first!

The player donation for the CVHS Girls Lacrosse Program for the 2010 season is \$395 per player and is due at the parent meeting.

Please keep in mind that your player donation, and sponsor donations, will be applied toward the program's costs including: uniforms, practice shirts, equipment, tournament fees, field maintenance, game officials, team-bonding/team-building activities, insurance, website, team supplies and team banquet.

If you would like to support the program through an additional financial contribution, it would be greatly appreciated. Stadium banners can be sold for \$525 as an additional fundraiser. Website sponsorships (logo/web link on www.cvhsgirlslacrosse.com) are available for a donation of \$100 or more (not including player donations). For all sponsor donations received by March 1, 2010, the player will receive 20% of the sponsor donation toward her player donation.

Thank You!
CVHS Girls Lacrosse Booster Club

Please make checks out to: CVHS Girls Lacrosse Booster Club

Cut here and retain top portion as your receipt

Player: _____ **Check #::** _____

_____ Player donation: \$395 (less any sponsor rebate)

_____ Sponsorship total of \$_____ (20% applied toward player donation above)

_____ I would like to have my company sponsor the program by purchasing an 8X3 Cougar Stadium Banner at the cost of \$525 (of which the CVHS Girls Lacrosse Booster Club will receive \$367.25)

***** Bus transportation is not included in this donation and must be paid separately to CVHS *****

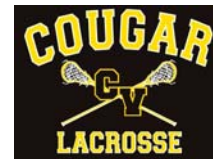


CAPISTRANO VALLEY HIGH SCHOOL

26301 Via Escolar Mission Viejo, CA 92692

GIRLS LACROSSE

Head Coach: Ryan Gustafson
rrgustafson@capousd.org



Transportation Fees



August 2009

Dear Parent/Guardian:

The Capistrano Unified School District is pleased to provide transportation services for co-curricular activities. To reduce the financial encroachment on the District's instructional program, our District has established a four-tiered transportation fee of \$50, \$80, \$105, and \$125 (listed below) that partially offsets the cost of co-curricular transportation expenses. The fee structure is based upon the number of trips taken by different groups. Under this fee structure, transportation is not provided on Sundays or holidays.

Group I \$50	Group II \$80	Group III \$105	Group IV \$125
Boys' Cross Country Girls' Cross Country Boys' Track Girls' Track Athletic team van use	Football Boys' Swimming Girls' Swimming Choral Dance Orchestra	Baseball Softball Boys' Tennis Girls' Tennis Boys' Volleyball Girls' Volleyball Boys' Water Polo Girls' Water Polo Wrestling Lacrosse Band Drill Team Color Guard	Boys' Basketball Girls' Basketball Boys' Soccer Girls' Soccer Cheer/Song

No student will pay more than \$230 per year and no family will pay more than \$310 for transportation during the 2009-2010 school year.

At the beginning of each season or sport, parents of participating students will be responsible for paying the co-curricular transportation service fee indicated above to the Activities Office at their school. Please see the head coach of your sport for further information and timelines.

Please make checks payable to: Capistrano Valley High School

To apply for a waiver of the co-curricular transportation fee, please complete the fee waiver application, which can be obtained from the Activities Office. Return the completed application to the Activities Office prior to the beginning of the activity. If a student qualifies for the *Free or Reduced-Price Lunch Program* or *District-Paid Bus Pass*, he/she will be considered for the co-curricular transportation fee waiver. The application must be complete and will be handled in strictest confidence.

Thank you for your support.



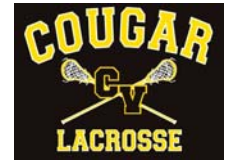
CAPISTRANO VALLEY HIGH SCHOOL

26301 Via Escolar Mission Viejo, CA 92692

GIRLS LACROSSE

Head Coach: Ryan Gustafson

rrgustafson@capousd.org



Capistrano Valley High School Web Site Permission Form



<http://www.cvhsathletics.com>

26301 Via Escolar – Mission Viejo, CA 92656 - Phone: (949) 364-6100x2227 Fax: (949) 347-0514

Please sign each Web Site permission that you agree to

Print Son/Daughter's First Name and Last Name _____

- I hereby give my permission for my child's name to be published on Capistrano Valley High School's Athletic web site and/or school athletic calendar.

X _____ Relationship _____ Date _____

- I hereby give my permission for my child's picture to be published on Capistrano Valley High School's Athletic web site and/or school athletic calendar.

X _____ Relationship _____ Date _____

- I hereby give my permission for my child's statistics to be published on Capistrano Valley High School's Athletic web site.

X _____ Relationship _____ Date _____

- I do not want my child's name, picture, and statistics on any publication. (do not sign this item if you have signed any of the above 3 items)

X _____ Relationship _____ Date _____

Sport: _____

Circle team:

VARSIITY

JV

FROSH



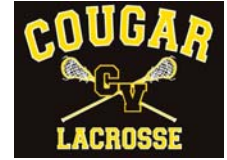
CAPISTRANO VALLEY HIGH SCHOOL

26301 Via Escolar Mission Viejo, CA 92692

GIRLS LACROSSE

Head Coach: Ryan Gustafson

rrgustafson@capousd.org



Secret Sisters

“Secret Sisters” is a program that helps team bonding, and adds fun memories for the girls.

Here are instructions each girl should follow:

- Each girl will receive one name from someone on the team and she will be her “secret sister” throughout the season.
- Each girl fills out the information sheet below that will be given to the person who has her name.
- Girls should bring a “gift” for their secret sister before each away game.
- Gifts should be small, inexpensive or free. Ideas are; snacks, candy, water bottles, sport drinks, homemade cards or signs, funny toys, etc. Check out the dollar store, Big Lots, etc. Please do not spend a lot, it gets out of hand. Try to keep it under \$3 per gift (free or less is good too). Have your daughter use her creativity; that makes it more fun anyway.
- Girls should find unique or different ways to get their “gifts” to their secret sisters. They should not tell anyone who they have; it eventually spreads and takes away the fun.
- At the banquet, girls will reveal who their secret sister is and should bring a \$20 gift card for their final gift (and sign their name).

If you do not want to participate, please do not have your daughter take a name. If you cannot participate due to financial reasons, please contact Marie Guest (455-9916) and we will work something out.

Please have your daughter complete the following information and submit it at the Parent Meeting on February 3rd, if she will be participating:

Cut here

Name: _____

Favorite Snack: _____

Favorite Candies: _____

Do you like sports drink or water? _____

Favorite Color: _____

Nickname(s): _____

Hobbies: _____

Gift Card Ideas: _____

Is there anything else to know about you? _____