



MIDWESTERN FORCE/SOUTHERN STORM  
LACROSSE CLUB MEMBERSHIP  
2010 Season



The Force/Storm is open to any female player entering grades 6-11. We offer regular practices in areas where membership exists and help girls take their game to the next level through a variety of instructional and competitive opportunities.

The Force is composed of players from Ohio, Pennsylvania, Indiana, Kentucky, Illinois, Wisconsin, & Michigan. Our goal is to provide players the opportunity to improve their skills by holding regular clinics/practices and playing at elite, national events.

The Storm is composed of players from Tennessee, North Carolina, South Carolina, & Georgia and is the newly developed sister club of MFL.

..playing lacrosse, learning new skills, elevating your game, traveling to new places, making new friends, having fun, trying new things, challenging yourself, learning to be disciplined, competing against the best in the U.S., reaching new heights, playing beyond yourself, sharing your passion, experiencing success. . .if this is what you want out of lacrosse, then the **FORCE** is for you!! So, are you ready to take on lacrosse like a **STORM**?!

**Team Executive Administrator:** Lisa Mitchelides  
Email: [midwesternlax@yahoo.com](mailto:midwesternlax@yahoo.com)

**Team Head Coach:** Wendy Pinta Gallapoo  
Email: [wgallapoo@uaschools.org](mailto:wgallapoo@uaschools.org)

**Travel Coordinator:** Kathy Kimmerling  
Email: [kkimmerling@sbcglobal.net](mailto:kkimmerling@sbcglobal.net)

**Onsite Coordinator and Assistant Travel Coordinator:** Mary Fee  
Email: [maryfee@insight.rr.com](mailto:maryfee@insight.rr.com)

**Team Website:** [www.midwesternforcelacrosse.com](http://www.midwesternforcelacrosse.com)

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All pages requiring a signature/information must be printed, completed, & returned to:  
Midwestern Force Lacrosse  
6705 Northbury Lane Unit # 113  
Charlotte, NC 28226

Membership in the club is conditional until 100% of all paperwork is received.

## Membership Structure & Benefits:

### High School Membership:

- 6-8 Regional Practices
- Player Profile Development
- Recruiting/Networking Support & Advice
- Copy of the 2009 edition of the "Draw"
- Team Uniform & Gear
- Multiple Tournament Exposure/Playing Opportunities
- Published Rosters/Player Profiles on Web-Based, Secured Site
- Media Guide Distribution to College Coaches

**Open Enrollment** is offered to all current high school players (graduation years 2014-2011). This option is best suited for players who are undecided about playing lacrosse in college and simply want to benefit from playing in summer/fall tournaments to help improve their level of competitiveness and skill. When players join MFL at the open enrollment status they receive all the benefits that the club has to offer: training advice, expert coaching, recruiting advice, and the opportunity to compete at national events. Open enrollment players will be able to participate in most national tournaments attended by MFL. Efforts will be made to roster players on teams according to skill level and age. However, MFL cannot guarantee age specific teams at all events. Participation in at least four regional practices is mandatory to maintain open enrollment status.

**Elite Status Enrollment** is offered to current high school juniors, sophomores, and freshman only (graduation years 2013-2011). Elite Status is for players who intend to play lacrosse in college and are highly committed to gaining exposure by participating in recruiting tournaments. To obtain an elite status, players must commit to several, key tournaments during the summer & fall (see 2010 Schedule) and must attend all scheduled practices.

**The Bridge Program** is offered to rising freshman (graduating in 2014 only) who want to improve their skills but cannot commit to the travel expected of open enrollment players. Bridge players will have weekly, summer practices in conjunction with the middle school group and be eligible to play in both the "jamboree" tournaments during the summer and in selected national tournaments (see 2009 schedule). Bridge players also are encouraged to attend regional practices/clinics offered in the fall and winter. There is an additional uniform fee (\$55) for this membership.

### Middle School Membership:(2015-2018)

- Regional, weekly practices (June-August)
- 3 Regional "Jamboree-Style" tournaments
- Team uniform/gear
- 6-8 Regional, monthly practices (September-February)

Opportunities to participate in national tournaments

**Middle School Open Enrollment** is offered to current fifth through seventh graders (graduation years 2015-2018). Middle school players will have weekly practices June-August and will have the opportunity to participate in three regional "jamboree-style" tournaments. All middle school players will be eligible, but not required, to participate in national tournaments and monthly fall & winter practices.

## Membership Fees:

Open Enrollment & Elite Status Enrollment Membership Fees for 2011-2015 classes: \$525.00

Bridge 2015 Program Add-on Fee: \$55 (covers additional uniform needed for HS tournaments)

Current Junior Elite Status Add-on Fee: \$700\*\*

Current Sophomore & Freshman Elite Status Add-on Fee: \$930\*\*

Middle School Enrollment Fee: \$500

\*\* Add-on fees cover tournament costs of required events only. Transportation and lodging are not included. All fees are non-refundable.

## Payment Options:

Payment plans are available for all levels of membership by contacting the Executive Administrator. The options below indicate monthly installment options for **Elite Membership** only. All installment options include a maintenance fee. The first installment is due at time of registration. The remaining monthly payments begin 1/09.

### Installment Option #1: Payments Over Four Months

Current sophomore or freshman \$382.25

Current junior \$326.25

### Installment Option #2: Payments Over Six Months

Current sophomore or freshman \$262.25

Current junior \$224.25

### Installment Option #3: Payments Over Nine Months

Current sophomore or freshman \$175.70

Current Junior (this option is not available)

\*Please contact Team Administrator to inquire about multiple sibling membership discount.

## 2010 Tournament Schedule

Elite members must attend the tournaments indicated on the schedule. Open members may choose "a la carte" from the tournaments listed. An "x" indicates that the tournament is closed to that age group.

Event	11's	12's	13's	14's	15's-18's
Northwestern 7V7 (\$130)	Elite & Open	Open	Open	X	X
IWLCA Champions Cup (\$180)	Elite & Open	Elite & Open	Elite & Open	Open	X
IWLCA Capital Cup (\$180)	Elite & Open	Elite & Open	Elite & Open	Open	X
Club Championship or ASE (\$210)	Elite	Elite	Elite	X	X
Vail (\$350)*	Invitational	X	X	X	X
Indian Prairie (\$140)	Open	Open	Open	Open & Bridge	Open
Mid Atlantic (\$180)	Open	Elite & Open	Open	Open & Bridge	Open
Goblin Games (\$180)	Open	Open	Open	Open	Open
New World (\$170)	Open	Open	Open	Open	X
Naval Rivalry Challenge (\$170)	X	Elite	Elite	X	X

\*\*Fees reflect tournament costs only. Additional travel and lodging costs apply.

\*Vail tournament is by invitation only.

Additional tournaments are made available to all members throughout the season. Log onto [www.midwesternforcelaCrosse.com](http://www.midwesternforcelaCrosse.com) to register for tournaments and other special events.

## Billing & Credit Card Authorization: (Must print and Mail)

### Primary Credit Card:

Name as it appears: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Credit Card #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Type of Card (MC, Visa, AMX): \_\_\_\_\_

Email Address for confirmation of payment: \_\_\_\_\_

### Secondary Credit Card:

Name as it appears: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Credit Card #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Type of Card (MC, Visa, AMX): \_\_\_\_\_ EXP Date: \_\_\_\_\_

Email Address for confirmation of payment: \_\_\_\_\_

I hereby authorize Midwestern Force to charge my designated credit card for membership fees, tournament fees, or other expenses related to MFL. Once I complete registration for an event on [midwesternforcelaCrosse.com](http://midwesternforcelaCrosse.com). I understand that no refunds will be made. I also understand that for my security no personal credit card information will be kept on any computer, that all transactions will be made using a secured portal, and that all payments will be authorized/confirmed by email.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Email Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

# Membership Application: (Sample Only: please fill out online)

High School  Middle School  Open  Elite  Bridge

FIRST NAME: \_\_\_\_\_ LAST NAME: \_\_\_\_\_ DOB: \_\_\_\_\_

HOME ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

Home TELEPHONE: \_\_\_\_\_ PLAYER'S CELL: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_ PARENTS' NAMES: \_\_\_\_\_

LAST FOUR DIGITS OF SOCIAL SECURITY #: \_\_\_\_\_

## Parent Contact Information

Mother's work #: \_\_\_\_\_ Mother's cell #: \_\_\_\_\_ Mother's Email: \_\_\_\_\_

Father's work #: \_\_\_\_\_ Father's cell #: \_\_\_\_\_

Father's Email: \_\_\_\_\_

## Emergency Contact information

Name: \_\_\_\_\_ Telephone#: \_\_\_\_\_

US Lacrosse Membership Number (required): \_\_\_\_\_ Exp: \_\_\_\_\_

## Players Detailed Information:

Year of HS Graduation: \_\_\_\_\_ HT: \_\_\_\_\_ WT: \_\_\_\_\_

DOMINANT HAND: RIGHT LEFT (please circle)

## SCHOOL INFORMATION

School Name: \_\_\_\_\_ School Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

School Telephone #: \_\_\_\_\_ Guidance Counselor: \_\_\_\_\_

Current GPA: \_\_\_\_\_ out of: \_\_\_\_\_ (scale) Weighted Not Weighted (please circle)

SAT: Date: \_\_\_\_\_ Math: \_\_\_\_\_ Reading: \_\_\_\_\_ Writing: \_\_\_\_\_ ACT: \_\_\_\_\_ Composite: \_\_\_\_\_

# of AP Classes Taken: \_\_\_\_\_ # of Honors Classes Taken: \_\_\_\_\_

High School Coach Name: \_\_\_\_\_

Phone #: \_\_\_\_\_ Email: \_\_\_\_\_

**Insurance information:**

Insurance Provider: \_\_\_\_\_ Policy #: \_\_\_\_\_

Insured Policy Holder Name: \_\_\_\_\_

**Waiver of Liability:**

With the signing of this application, I hereby release Midwestern Force Lacrosse and its assigns from any responsibilities for injuries or risks associated with playing Club lacrosse. I also understand and assume all risks, even those as a result of the negligence of any participant or others. I will assume all responsibility for my active participation. I also state that I am in good physical condition and will accept responsibilities to participate in all club activities. I will also be responsible to notify club officials immediately, should my condition change. I also hereby authorize club officials to obtain medical treatment if necessary.

**Personal Responsibility Policy:**

Membership in Midwestern Force Lacrosse Club is a privilege and its participants are expected to treat their teammates, coaches, and administrators with respect. Furthermore, MFL players are expected to exhibit sportsmanship and a positive attitude at all times towards coaches, teammates, parents and officials regardless of the outcome of the competition. MFL players are expected to make practices, games, and events a priority and to contact the Head Coach or Executive Director in a timely manner if they cannot attend. Finally, MFL players are expected to maintain a healthy lifestyle; including prohibiting the use of alcohol, tobacco and drugs.

MFL is open to all players regardless of skill level. MFL is for players who would like to play at the collegiate level as well as those who simply want to improve their game. Participation in MFL does not carry an assurance of acceptance into any college or particular lacrosse program. A player and her family have the responsibility to network on their own behalf as well as participate in key recruiting tournaments. Team placement of a player at any MFL function will be at the sole discretion of the MFL Head Coach and may be based on the following criteria: skill level, athleticism, "coachability," dedication, position, year of graduation, and tournament restrictions.

Membership in Midwestern Force Lacrosse Club is not exclusive. However, MFL players are not permitted to attend MFL sponsored tournaments as a member of another team without permission from either the Head Coach or Executive Director. Additionally, no player is permitted to leave a venue early without prior permission from the Head Coach or Executive Director. Failure to adhere to these policies will result in loss of membership privileges.

Solo travel is a privilege offered by MFL to help offset travel expenses and/or other family commitments. Adherence to rules, expectations, and deadlines is expected and required.

I as a member of Midwestern Force Lacrosse, have read the above policy and agree to the terms and conditions. I accept responsibility for my actions while representing Midwestern Force Lacrosse both at events and during travel to and from such events. Should I violate of any the participation policies, I realize that it could result in both my removal from a particular event and from membership in Midwestern Force Lacrosse Club. I also realize that I and my family would be responsible for all expenses resulting from my actions and that there would be no refunds for any fees paid to date.

**Membership Status Policy/Counseling Out:**

Midwestern Force Lacrosse Club has four options available to its players:

**Open Enrollment** is offered to all current high school players. Open enrollment players are able to participate in most of the national tournaments attended by MFL (see 2010 schedule). Efforts will be made to roster players on teams according to skill level and age. However, MFL cannot guarantee age-exclusive teams at all events.

Participation in at least four regional practices is mandatory to maintain open enrollment status.

**Elite Status Enrollment** is offered to current high school juniors, sophomores, & freshman only. To obtain an elite status, players must commit to several, key tournaments during the summer & fall (see 2010 Schedule) and must attend all scheduled practices. Additionally, Elite members may attend any MFL sponsored tournament by registering "a la Carte" for that event. Any Elite Status player **not attending** regular practices can be opted down to Open Status unless excuse and not abused! (See Counsel Out)

**Bridge Enrollment** is offered to players graduating in 2014 only. This option is best suited for the developing player with little competitive playing experience. Bridge players are eligible and encouraged to participate in all MFL regional practices offered during the fall & winter in addition to the summer, weekly regional practices offered in conjunction with the middle school program. Membership fees also include participation in three regional, "jamboree-style" tournaments offered during the summer. Bridge players are eligible to participate in selected national tournaments.

**Middle School Enrollment** is offered to players graduating high school in 2015-2018. Middle school players may attend MFL practices in the fall & winter and participate in selected national tournaments. Participation in summer and fall practices is not mandatory but is highly encouraged.

**Counseling Out\*:** Players may be asked to be "counseled out" or may be required to change their membership status for the following reasons: lack of attendance/participation, consistently poor attitude/sportsmanship, failure to adhere to team rules/guidelines. Communication from the Head Coach or Executive Director is to be expected if a player is in jeopardy of losing her membership status. Player's may also petition to "counsel out." If that is the case, then the player should contact the Executive Director or Head Coach to discuss her change in status. *\*Please note that this option should only be used in extreme cases.*

I as a member of Midwestern Force Lacrosse, have read the above policies and agree to the terms and conditions. I accept responsibility for my required participation based on my membership level. Should I be found in violation of any the participation policies, I realize that it could result in my removal from my current membership status. I also realize that I will not receive any refunds for tournament fees, membership fees or other MFL expenditures related to my change in membership status.

#### **Misconduct Policy:**

Midwestern Force Lacrosse Club will not tolerate alcohol, tobacco or illegal drug use, inappropriate sexual behavior, theft, destruction of property, or any other behavior deemed inappropriate by the club administrators and coaches. Any player found participating in any of the above behaviors during a club activity (including travel to and from events) is subject to immediate dismissal from the club. If the behavior warrants immediate expulsion, the player's parent or guardian will be contacted. If the player is dismissed from the club, any and all expenses incurred to that player will be the responsibility of the player and her family. The club's responsibility is limited to arranging shuttle/cab service to the nearest airport. All expenses incurred by the club resulting from the incident will be immediately charged to the credit card on record.

Any illegal activity warrants immediate dismissal from the club without refund. If there is police involvement the club's responsibility to the player will end with that player's arrest.

I as a member of Midwestern Force Lacrosse, have read the above policy and agree to the terms and conditions. I accept responsibility for my actions while representing Midwestern Force Lacrosse both at events and also during travel to and from such events. Should I be found participating in any of the above behaviors, I realize that it could result in both my removal from a particular event and from my membership in Midwestern Force Lacrosse Club. I also realize that I would be responsible for all expenses resulting from those actions. I also understand that there would be no refunds for any fees paid to date.

Check Box online

Players Name:

Parents Name:

# LIABILITY WAIVER (Print and return via Mail)

## RELEASE OF LIABILITY

I hereby release and remove Midwestern Force Lacrosse Club, its agents, employees, staff, directors, and officers from any claims, responsibilities or liabilities for injuries or harm incurred as a result of, \_\_\_\_\_, my child or my participation in any and all lacrosse or travel related to Midwestern Lacrosse and the sport of lacrosse.

I also authorize Midwestern Force Lacrosse Club, its agents, employees, staff members, directors, and officers to take any necessary action when necessary, in their best judgment, in case of an emergency and hereby release and discharge Midwestern Force Lacrosse Club, its agents, employees, staff members, directors, and officers from any responsibilities or liability related thereto.

I also grant Midwestern Lacrosse permission to use my child's name, private information or any other pertinent information that may be requested by an outside source to assist in college networking.

Name of Participant: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Year of High School Graduation: \_\_\_\_\_ School: \_\_\_\_\_

US Lacrosse number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Contact name in event of an emergency: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Relationship to Player: \_\_\_\_\_

Signature of Player (18 and over): \_\_\_\_\_

Parent/Guardian signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Parent Code of Conduct

The Midwestern Force Lacrosse Club seeks to provide every player with opportunities to excel on the playing field. We recognize that through hard work, determination, and fun our players will gain confidence in themselves and their teammates. As a Midwestern Force Lacrosse parent, I understand that I will hold myself and my daughter to the highest standards set forth by the MFL organization. In addition I promise to:

- To provide positive support, care and encouragement for my daughter;
- To encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other MFL event;
- To place the emotional and physical well being of my daughter ahead of a personal desire to win;
- To insist that my daughter play in a safe and healthy environment;
- To support coaches working with my daughter, in order to encourage a positive and enjoyable experience for all
- To show respect to all opponents and recognize that a worthy opponent will push my daughter's team to do their best;
- To show respect to all officials at all times even when I disagree with their decision;
- To attempt to have my daughter attend every game and practice. I will make sure my daughter arrives on time and is picked up on time. I will make sure my daughter notifies the coach directly if she is unable to attend or must leave early;
- To demand that my daughter treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.

I have read and understand the requirements of the Parent Code of Conduct. I will act in accord with this Code. I understand that officials, parents, players and MFL will and should expect that I will follow this code. I understand that if I do not adhere to the guidelines set forth above I may be and my daughter may be asked to leave the MFL organization.

## Coach's Code of Conduct

The Midwestern Force Lacrosse Club seeks to instill in each player the belief and confidence that she can set high goals and succeed in achieving them. The relationship that the MFL coach has with their players impacts not only the team dynamic, but influences the behavior and decisions that MFL players make both on and off the field. As an MFL coach I understand that I am expected to hold myself and my team to the highest standards set forth by the MFL Lacrosse Club organization. I promise:

- To honor the spirit and integrity of the game;
- To provide constructive criticism and to establish order and discipline in a positive manner;
- To ensure that the health, well-being, and development of athletes take precedence over winning;
- To accept that I serve as a role model and hold myself to the highest standards of integrity and professionalism;
- To place the athlete's needs above my own;
- To provide a physically and emotionally safe environment for practices and competition;
- To exemplify honesty, integrity, fair-play, and sportsmanship at all times regardless of the impact that might have upon the outcome of the competition;
- To maintain a professional demeanor in my relationships with athletes, officials, colleagues, and parents and treat them with respect and dignity;
- To show respect to all opponents and recognize that a worthy opponent will push me and my team to do their best;
- To exhibit injury and risk management practices;
- To share my passion and knowledge of the game;
- To promote healthy lifestyles by encouraging the abstinence of alcohol and drugs use by MFL athletes;
- To refrain from alcohol consumption while in the presence of MFL players or family members.

*Adapted from the Raven's Lacrosse Coach's Code of Conduct*

# HIGH SCHOOL UNIFORM ORDER FORM (Online)

THE MIDWESTERN FORCE LACROSSE UNIFORM INCLUDES:

- TRAINING PINNIE
- FIELD PLAYERS: TOP AND KILT (NEW MEMBERS ONLY)
- GOALIES: GOALIE SHIRT AND SHORTS (NEW MEMBERS ONLY)
- HOODED SWEATSHIRT
- SHORT SLEEVE T-SHIRT
- SHOOTING SHIRT (RETURNING MEMBERS ONLY)

PLAYER'S NAME: \_\_\_\_\_ POSITION: \_\_\_\_\_

GRADUATION YEAR: \_\_\_\_\_ HEIGHT: \_\_\_\_\_ WEIGHT: \_\_\_\_\_

PLEASE CHECK MEMBERSHIP STATUS:

OPEN \_\_\_\_\_ BRIDGE \_\_\_\_\_ ELITE \_\_\_\_\_

Training Pinnie: small med lg xl (circle appropriate size)  
(Custom)

Uniform top\*\*: small med lg xl (new players only)

Kilt\*\*: small med lg xl (new players only)

Shorts: small med lg xl

Sweatshirt: small med lg xl

Short Sleeve tee: small med lg xl

\*\*These items are form fitting. Please order up a size or indicate if the player is between sizes.

Additional spirit wear orders will follow.

**I AM A RETURNING PLAYER AND NEED TO REPLACE THE FOLLOWING PIECES:**

- Uniform Top (\$35)
- Kilt (\$20) Please

- ❑ I AM A NEW PLAYER AND WANT TO ORDER THE SHOOTING SHIRT
- ❑ SHOOTING SHIRT (\$65)

(Indicate sizes above. Items will be charged to credit card on file.)

## MIDDLE SCHOOL UNIFORM ORDER FORM (Online)

THE MIDWESTERN FORCE LACROSSE UNIFORM INCLUDES:

- ❑ TRAINING PINNIE
- ❑ FIELD PLAYERS: JERSEY AND SHORTS
- ❑ GOALIES: GOALIE SHIRT AND SHORTS
- ❑ SWEATSHIRT
- ❑ SHORT SLEEVE T-SHIRT

PLAYER'S NAME: \_\_\_\_\_ POSITION: \_\_\_\_\_

GRADUATION YEAR: \_\_\_\_\_ HEIGHT: \_\_\_\_\_ WEIGHT: \_\_\_\_\_

\*Please order up a size or indicate if the player is between sizes.

\*\*Additional spirit wear orders will follow.

(Indicate sizes above. Items will be charged to credit card on file.)

Consent to Treat **(Print and Mail)**

I, the parent of \_\_\_\_\_, hereby give permission to Midwestern Force and any appointed party to seek medical care for my child, \_\_\_\_\_, when necessary. The information below is provided to assist with medical care if it should be necessary.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Relationship to Player: \_\_\_\_\_

Notary Signature: \_\_\_\_\_

Date of Notary: \_\_\_\_\_

NOTARY SEAL

In Case of an Emergency Contact:

Name: \_\_\_\_\_ Home phone: \_\_\_\_\_

Relationship: \_\_\_\_\_ Cell phone : \_\_\_\_\_

Medical Information:

Insurance: \_\_\_\_\_ Policy No: \_\_\_\_\_

Billing Address: \_\_\_\_\_ Telephone: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Policy Holder's Name: \_\_\_\_\_

Known medical conditions/health or special concerns: \_\_\_\_\_

Current Allergies: \_\_\_\_\_

Current Medications: \_\_\_\_\_

## Guidelines for Solo Travel: (this option is available to high school players only)

When it is necessary for a player to travel solo to a Midwestern Force Lacrosse event the following guidelines are to be followed:

1. Remit event fees thru [www.midwesternforcelacrosse.com](http://www.midwesternforcelacrosse.com). Carefully select your rooming option (number of nights) if available.
2. Make travel arrangements for the event paying particular attention to the necessary arrival time. When possible, Midwestern Force personnel will attempt to provide transfers to and from the airport. If a player is traveling by air and Midwestern Force personnel is coordinating the hotel transfer, the player must call their assigned MFL representative when they have boarded the plane so that pickup arrangements can be confirmed. If a flight is delayed or cancelled, it is imperative that the player contact their assigned MFL representative immediately. If more than one player is on the same flight only one call to the MFL representative needs to be made. During most events solo transportation will be coordinated by the Midwestern Force staff/representatives. However, some venues may require that players make their own arrangements for transfers. The Midwestern Force web page will list suggested transfer services. There is an additional charge to players transferred by Midwestern Force.
3. It is required that all solo travelers submit an itinerary to Kathy Kimmerling as soon as all arrangements are confirmed. Information concerning travel arrangements including airline, flight numbers, arrival times, train schedules and transfer arrangements need to be included. A standardized itinerary form is available at [www.midwesternforcelacrosse.com](http://www.midwesternforcelacrosse.com) (solo itinerary form). The solo form may be submitted to Kathy Kimmerling as a word document or copied into an email. No PDF documents or faxes can be accepted. It is necessary that you respect the itinerary deadlines. Many arrangements must be made in advance to accommodate solo players and cooperation in this manner is necessary. Any solo player who fails to meet published deadlines will not be permitted to travel alone to future MFL events.
4. When the completed itinerary form is received, roommates are assigned. We will consider requests for roommates but cannot guarantee them. Midwestern Force is about making new friends too! Attempts are made to place roommates by graduation class, school, travel arrangements, team, etc. **Under no circumstances may player switch rooms without contacting the Executive Director!!** Solo fees include a player's portion of the hotel fee. If a player withdraws from a tournament or changes their solo status, MFL cannot issue a refund for a player's portion of their room.
5. Upon arrival at the event hotel, solo travelers will need to consult the rooming list at the front desk. They also need to check in with "Event Contact" personnel. If the Event Contact person is not in the hotel, the front desk will have information on how to reach them.

6. Any player traveling with another player's family will follow solo traveler procedures and will also need to submit a solo itinerary form.
7. Any player traveling with their own parent but not staying at the team hotel or is commuting to an event must also submit a solo itinerary form.
8. When the solo itinerary form is received, a confirmation email will be sent. Please allow a few days to receive a confirmation.
9. Midwestern Force players who travel solo and provide their own transportation (drive to an event in their own car) will not be permitted to transport any other player during the event unless that player traveled to the event with them. They are also not permitted to leave the event/group without permission from either the Coach or the Executive Administrator. Violations of any vehicle guideline will result in disciplinary action.
10. Midwestern Force is not responsible for a solo player before they arrive at the event hotel or after they depart the event. Talk to your daughter about traveling alone and be sure that she is prepared to cope with any situation that may arise along the way. In the past we've had flights cancelled and players bumped from flights. Be sure that she is equipped to make arrangements on her own. It is recommended that solos travel with telephone numbers to make alternate arrangements if necessary. Sometimes the airline will help, but not always. The airline does not have any responsibility when the flight is cancelled or airport closed due to weather. When possible, try to coordinate travel arrangements with other solo travelers or another traveling parent. It is strongly recommended that players traveling alone have a credit card (in their name), driver's license or State photo ID and a cell phone (with charger in carry-on). It is also a good idea to have Traveler's cheques and a secondary ID in a separate bag (or pocket) in case a purse, wallet, backpack, or suitcase would go missing. Remember, cabs do not always take charge cards.
11. Midwestern Force Lacrosse personnel will only be available to transport players traveling in accordance with the published arrival and departure timeframe. Always plan to arrive/depart within that timeframe as we cannot guarantee transfers outside of that window. If a player's flight is cancelled, Midwestern Force Lacrosse personnel may not be available to help the player make alternate arrangements, including hotel or other travel arrangements.
12. Midwestern Force personnel on the same flight as a solo player are not to be considered a chaperone, and may or may not be able to assist the player with unforeseen circumstances en route. Midwestern Force can only be responsible for a solo player within the guidelines set forth in the "Final Tournament Details" document published in advance of each venue.
13. Because luggage does get lost, we recommend that players traveling by air pack their uniform(s), goggles, mouthguards and shoes in a carry-on. Lacrosse sticks must be checked so plan to arrive at the airport to allow at least an hour for the stick bag to clear security!

14. A solo itinerary will be submitted each time a player travels without a parent or guardian, sleeps in a "team" room, or stays off-site. The solo form may be submitted to Kathy Kimmerling as a word document or copied into an email. No PDF documents or faxes can be accepted. A Travel Form must be submitted by each and every member so we know that there are no registration errors!

#### **ADDITIONAL POLICIES + PROCEDURES:**

**Returned Checks/Credit Card Transaction Corrections:** a \$25.00 fee will be assessed.

**Refund Policy:** In case of family emergency or illness/injury, tournament refunds may be available in the form of a 50% credit towards a future venue if the request is made 30 days prior to the tournament. Any cancellation within 30 days of a tournament will result in forfeiture of the tournament fees. Fees associated with changes from solo to non-solo status are non-refundable. Membership fees are non-refundable. Hotel fees are also non-refundable.

**Arrival Times to Venue:** All players are expected to arrive at the field of play forty-five minutes prior to the first game of the day unless otherwise notified. Players should arrive at least 30 minutes prior to the start time of subsequent games. Failure to arrive on time may result in loss of playing time for that game.

**Insurance:** ALL athletes must be members of U.S. LACROSSE as all venue holders require this of their participating athletes. Go to [www.uslacrosse.org](http://www.uslacrosse.org) to register online. USL member numbers are required to be recorded on [www.midwesternforcelacrosse.com](http://www.midwesternforcelacrosse.com) and submitted with the membership packet. Failure to supply MFL with a valid, current US Lacrosse number and expiration date could result in the player's removal from the rosters. MFL will regularly check players' USL membership status.

**Credit Card Information:** You are required to keep a credit card on file if your daughter is a High School or Bridge Player. For your protection, the Executive Administrator will not keep any credit card information/records on any computer. All online credit card transactions are secured by [www.active.com](http://www.active.com).

**Other Financial Considerations:** Midwestern Force believes every player should have the option to participate in an organized club lacrosse team. If you or your family has financial restraints MFL, will discuss fundraising, scholarship opportunities, and additional payment options to assist you. To inquire about these opportunities this please contact the Executive Director. Every girl counts!

**Parent Participation:** Running an organized club such as MFL requires families to roll up their sleeves and assist with various aspects of the club. Shortly after membership completion, all players/families will receive a club volunteer form to assist in various aspects of the club. We encourage all of you to step up and help.

**Media Guide and Directory Information:** All members will need to fill out on line registration document completely as we will need completed data for Media guide. In addition we will be adding this you're a electronic form of the media guide for college coaches so that they can easily add their data to the software packages.

## MEMBERSHIP REGISTRATION:

1. GO TO: [WWW.MIDWESTERNFORCELACROSSE.COM](http://WWW.MIDWESTERNFORCELACROSSE.COM)\*\*

2. CLICK ON: ★ [MEMBER REGISTRATION](#)

3. SELECT USER NAME AND PASSCODE IF NEW MEMBER  
(REMEMBER TO RECORD IT FOR FUTURE LOG-INS)

SELECT "RETURNING USER" IF PLAYER IS A RETURNING MEMBER\*\*

IN BOTH CASES PLEASE BE SURE TO CLICK ON 2010 SEASON

4. GO TO: REGISTER CLUB PLAYER (THE BOX IS IN THE MIDDLE OF THE LEFT-HAND SIDE OF THE PAGE) IT IS IMPERATIVE THAT YOU SELECT THE APPROPRIATE MEMBERSHIP STATUS AND PAYMENT OPTION.

5. REGISTER: COMPLETE REGISTRATION PROCESS BY FILLING OUT ALL INFORMATION. DO NOT LEAVE ANYTHING BLANK ESPECIALLY IF PLAYER IS IN HIGH SCHOOL.

For Bridge and middle school please note "n/a."

6. PAYMENT

7. CONFIRMATION: YOU WILL RECEIVE A CONFIRMATION BY EMAIL FOR YOUR REGISTRATION

8. LOG OUT

9. RETURN THE "BILLING & CREDIT CARD AUTHORIZATION," THE "LIABILITY WAIVER," AND THE NOTARIZED "CONSENT TO TREAT" TO:

MIDWESTERN FORCE LACROSSE  
6705 Northbury Lane # 113  
Charlotte, NC 28226

\*\*Please ensure that the personal data stored in the ThriVa account is complete and up-to-date. This would include phone numbers and email accounts as well as jersey number, position, current GPA and SAT scores.

## EVENT REGISTRATION:

1. GO TO: [WWW.MIDWESTERNFORCELACROSSE.COM](http://WWW.MIDWESTERNFORCELACROSSE.COM)
2. SELECT: ★ **EVENT SIGNUP**
3. CLICK ON: RETURNING USER AND PASSWORD  
A DROP DOWN LIST SHOULD APPEAR FOR EVENTS AVAILABLE TO CLUB MEMBERS
4. SELECT APPROPRIATE EVENT
5. COMPLETE PAYMENT ONLINE (IF NECESSARY)

ONCE YOU ARE A REGISTERED MEMBER YOU WILL RECEIVE EMAIL INSTRUCTIONS FOR LOGGING ONTO MFL'S SECURED WEBSITE. THIS IS SEPARATE FROM THE LOGIN FOR EVENT & MEMBERSHIP REGISTRATION. HOWEVER, YOU MAY CHOOSE THE SAME USERNAME AND PASSWORD.

BY LOGGING IN TO THE MFL WEBSITE YOU CAN VIEW DETAILED INFORMATION ON THE MFL CALENDAR AND VIEW AN ELECTRONIC DIRECTORY OF CURRENT MEMBERS. (THE USERNAME AND PASSWORD DID NOT CHANGE FOR RETURNING MEMBERS.) THIS INFORMATION IS SECURED AND NOT "VIEWABLE" BY THE GENERAL PUBLIC.

**REMINDER:** Elite players must attend all practices. Open players must attend at least four regional practices. Middle school & Bridge players are encouraged to attend all regional practices.

*May the force be with you.....THE MIDWESTERN FORCE!!!!*

CHECK LIST FOR COMPLETED MEMBERSHIP  
COMPLETED

1. REGISTRATION COMPLETED AND PAYMENT MADE ONLINE VIA [WWW.MIDWESTERNFORCELACROSSE.COM](http://WWW.MIDWESTERNFORCELACROSSE.COM)

2. DOWNLOADED MEMBERSHIP PACKAGE, PRINTED OUT REQUIRED DOCUMENTS

- A. BILLING/CREDIT CARD INFORMATION
- B. NOTARIZED CONSENT TO TREAT FORM
- C. LIABILITY FORM

Mail To: Mary Fee  
3615 Head of Pond Road  
New Albany, OH 43054

Questions: [maryfee@insight.rr.com](mailto:maryfee@insight.rr.com)

3. HAD PICTURE TAKEN BY SHIRLEY BENNEHOOF: TELEPHONE #740-881-4960

open picture dates will be announced for HS and Bridge Players.

4. RENEW US LACROSSE MEMBERSHIP

A current US lacrosse membership is required of all members. Go to [www.lacrosse.org/membership/index.phtml](http://www.lacrosse.org/membership/index.phtml) to check the status of your membership.

5. REGISTER AS A MEMBER ON TWITTER.COM TO FOLLOW MFLMAMA TO RECEIVE UPDATED INFORMATION CONCERNING GAME CHANGES AT VENUES

IMPORTANT INFORMATION TO KEEP ON HAND AND OTHER DATA:

LISA'S CELL: 330-697-0081

WENDY'S CELL: 614-893-4255

KATHY'S CELL: 734-476-4046

MARY'S CELL: 614-939-1280

PLEASE CALL DURING REGULAR BUSINESS HOURS (9:00 am-5:00 pm)

Club Email: [www.midwesternlax@yahoo.com](mailto:www.midwesternlax@yahoo.com)

1. All rising seniors (2011's) and rising juniors (2012's) should have a completed resume.
2. All rising seniors (2011's) need to take SATS immediately and ask for answer sheet.
3. All rising juniors (2012's) need to take SATS during first available date in the Spring.
4. All rising seniors (2011's) and juniors (2012's) need to register for the NCAA clearing house by going to [NCAA.org](http://NCAA.org)
5. Always submit a travel itinerary form prior to each venue regardless if solo or not to [KKimmerling@sbcglobal.com](mailto:KKimmerling@sbcglobal.com) at least 30 days prior to venue!