



2020 Armstrong Boys' Lacrosse Spring Warm-Ups

Reserve a spot by Feb. 28 with Treasurer, Jenn Sondrall (sondralljenn@gmail.com). Registration requires completed waiver and full payment (or a payment plan). Please complete the attached waiver and mail payment to Jenn Sondrall, 5320 Triton Drive, Golden Valley, MN 55422.

Cost per player is \$75

Winter Sports Athletes: If your season extends beyond the starting date of Spring Warm-Ups, please contact Jenn for cost and your anticipated schedule.

Checks payable to: Armstrong Boys' Lacrosse Booster Club

Electronic payments are available with an additional \$5 fee. If this is your preferred payment option, send an email to sondralljenn@gmail.com requesting an invoice. The invoice will allow you to complete your payment online.

Complete registration required in order to participate (waiver, payment or payment plan).

Schedule:

2020		MARCH					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
01	02 6-8 pm Cooper Cmty Gym	03	04 5-6:30 pm AHS Weight Rm	05 5-6:30 pm AHS Weight Rm	06	07	
08	09 6-8 pm Cooper Cmty Gym	10 5-6 pm Plym Crk Ctr Dome	11	12	13 5-6 pm Plym Crk Ctr Dome	14	
15	16 5-6 pm Plym Crk Ctr Dome	17	18 5-6:30 pm AHS Weight Rm	19 5-6 pm Plym Crk Ctr Dome	20	21	
22 Spring Break Mar 23-27	23 5-6:30 pm AHS Weight Rm	24	25 5-6:30 pm AHS Weight Rm	26 6-8 pm Cooper Cmty Gym	27	28	
29	30 5-7 pm Plym Crk Ctr Dome Tryouts	31 5-7 pm Plym Crk Ctr Dome (or AHS based on weather) Tryouts	Apr. 1 5-7 pm Plym Crk Ctr Dome (or AHS based on weather) Tryouts	Apr. 2 2:30-4 pm Uniform Distro-AHS Locker Room 5-7 pm Plym Crk Ctr Dome (or AHS based on weather) Tryouts	Apr. 3 2:30-4 pm Photos-AHS Crk Ctr Dome 6 pm Parent Social-Sunshine Factory	Apr. 4 9-10:30 am AHS practice	



2020 Armstrong Boys' Lacrosse Spring Warm-Ups

PLAYER NAME _____

CONTACT EMAIL _____

CONTACT PHONE _____

Waiver

As parent/guardian, I give permission for my child to participate in the Armstrong Boys' Lacrosse Spring Warm-up Program. I am aware of the inherent risks associated with these activities and that all risks cannot be prevented. To the maximum extent permitted by law, I hereby hold harmless and release its officers, volunteers, Armstrong Boys' Lacrosse volunteers and coaches from any claims for damages or injury to my child or property, which may arise from my child's participation in the above program and all related activities.

Player Name:

Parent/Guardian Signature:

Date:
