Rockwood Summit Lacrosse Club

**Middle School Parent - Checklist 2023**

**Complete by February 20, 2023:**

* Purchase US lacrosse membership ($30), <https://www.uslacrosse.org/>
* Register and pay club fee ($235), [www.rshslax.com](http://www.rshslax.com)
* Send a $100 check payable to “RSLC” and write “uniform deposit” in comment line

**Mail Deposit Check to: Christel Weyerich, 1664 San Simeon Way, Fenton, MO 63026**

* Sign and submit the ‘Code of Conduct’ form to Christel Weyerich, [www.rshslax.com](http://www.rshslax.com)

**Equipment needed by first Practice:**

|  |  |
| --- | --- |
| **BOYS**  🞏 Cleats/turf shoes  🞏 Stick  🞏 Colored mouth guard  🞏 Protective cup | 🞏 NOCSAE-approved helmet  🞏 Gloves  🞏 Elbow pads  🞏 Should/chest pad combo (needs to be EKG and meeting new NOCSAE standard) |

**Volunteers Needed:**

* Field Lining, 3 times during season
* Goal netting/de-netting, once each at start and end of season

**Coordinators Needed:**

* Scorekeeper coordinators

*One parent per team (we usually have 3 boys teams and 2 girls teams) to make a schedule with primary and back-up scorekeepers for each game.*

* Fundraising coordinator (1 event)

*We need 1 person to coordinate (Andoro’s pizza fundraising).*

🞏 End of Season Pizza Party coordinator (occurs at final practice)

*Two people to coordinate, purchase, communicate, and have items at practice site.*

**Player Registration:**

🞏 Register your player (no fees) to the appropriate team, <http://slyla.com/>

*Your coordinator will notify you when and which team you player has been assigned to*

🞏 Download Dick’s Game Changer App

*Once teams are formed, this is where the game schedules will be and updates on practices, etc*

Please check website and emails regularly, especially right before practices and games. Follow facebook group for updates: RSMS LAX

For more information:

Christel Weyerich (christel.weyerich@gmail.com)