

WAIVER OF LIABILITY

PLAYER'S NAME

\_\_\_\_\_

In consideration of participating in the 2011 Cardinal Lacrosse Goalie Clinic, the player named above and the parent or guardian do hereby agree for ourselves, our heirs, executors and administrators, to release, hold harmless and forever discharge, 2011 Cardinal Lacrosse Goalie Clinic, their officers, staff, administrators, volunteers, officials, and representatives and assigns, for and against any and all claims, actions, cause of actions, suits, judgments, and demands whatsoever directly or indirectly in connection the player's participation in the 2011 Cardinal Lacrosse Goalie Clinic.

By signing below, I acknowledge that I have read and understand this form and further understand the terms herein are contractual and not a mere recital.

Signature of Parent/Guardian \_\_\_\_\_

Date \_\_\_\_\_

TREATMENT/MEDICAL RELEASE

AUTHORIZATION

I/we being the legal guardians of the applicant authorize the staff of the 2011 Cardinal Lacrosse Goalie Clinic and its agents permission to request treatment to ensure the well being of our dependant. I also understand that the coaches and the league director are not liable in any medical injury even death. I authorize Jay Sothoron and his coaching staff to obtain, through a physician of its choice, any emergency medical care that may be reasonable and necessary for my son in the course of such activities. I certify that he is in good health and able to participate in this clinic. I am attaching a note explaining any physical limitations and/or required medical attention that is necessary for my son.

Signature of Parent/Guardian \_\_\_\_\_

Date \_\_\_\_\_

Health Insurance Company

Health Insurance Policy Number

Cardinal Goalie Clinic will be held in McDonough Center Auxiliary Gym on Wheeling Jesuit University campus.

The Clinic will run from 1pm -5pm. Please arrive between 12:30-12:45 to register and get ready.

All checks, waiver forms, and registration forms need to be completed and Mailed in by February 14<sup>th</sup>.

Make Checks for \$75 payable to Cardinal Lacrosse. Mail to the address below but put to the attention of the Men's Lacrosse Office.

For driving directions please view address below.

Wheeling Jesuit University  
316 Washington Ave  
Wheeling, WV 26003

\*If you have questions or concerns please contact clinic director Jay Sothoron. 304-243-2102-  
Jsothoron@wju.edu -Wheeling Jesuit University  
Website www.wju.edu

Equipment Needed

- \* Goalie Stick
- \* Helmet with throat guard
- \* Chest Protector
- \* Gloves
- \* Protective Cup
- \* Tennis shoes

\*\*\*Please be aware that we do not supply any equipment. Players are responsible for coming fully equipped. If they fail to do so they will not be able to participate. If a player fails to show up they will be eligible to get back half of their entry fee\*\*\*



**3rd Annual  
Cardinal Lacrosse  
Preseason Goalie Clinic  
Date: Sunday February  
20th, 2011**



**Featured Speaker**

Reed Sothoron

4 year Division 1 starter

2 time All American goalie at Div. I  
Towson University

3 time CAA All conference player

CAA Silver Anniversary Team

Voted as top 50 athletes ever to play at  
Towson

MLL Goalie-Played two seasons for the  
San Francisco Dragons, and the  
Denver Outlaws



Clinic Director

Jay Sothoron

Head Coach of Wheeling  
Jesuit University

Former College All  
American Goalie



Bryan Jack

Former Div. 1 standout  
starting goalie at Canisius  
College



Mike Jacques

Former WJU Standout  
and current assistant  
coach at WJU



Joe Wascavage

Former D1 Towson  
University standout and  
current assistant coach at  
WJU

\*Also on staff will be current  
Wheeling Jesuit Players

# WHAT TO EXPECT

At Jesuit we believe that the game starts and stops with the goaltender. We teach our goalies the importance of technique and intensity. We will put you in a better position not only to heighten your own personal skills but also make your entire team better.

We will stress the importance of communication, technique, positioning, decision-making, and clearing.

The goaltender is the most important position on the field. Why shouldn't you prepare to **BE THE BEST?**

## Clinic Schedule

- 12:45 Arrival
- 1:00 Clinic Introductions
- 1:10 Stretching
- 1:20 Station Work Including:
  - \* Arc play and angles
  - \* Stance and Technique
  - \* Outside Shots
  - \* One vs. One Shots
  - \* Screens
  - \* Clearing
  - \* Communication
- 4:15 Goalie wars
- 4:45 Final Remarks
- 5:00 Parent Pick-Up

# REGISTRATION FORM

Cost: \$75 per player

Please fill out the following and return check and waiver made out to Cardinal Lacrosse for \$75. Please mail to 316 Washington Ave, Wheeling, WV 26003.

Student name

\_\_\_\_\_

Father's name

\_\_\_\_\_

Cell #

\_\_\_\_\_

Mother's name

\_\_\_\_\_

Cell #

\_\_\_\_\_

Student Email Address

\_\_\_\_\_

Emergency contact #

\_\_\_\_\_

Mailing Address

\_\_\_\_\_

Age \_\_\_\_\_ Please circle Varsity or

JV level --Current Grade \_\_\_\_\_

High School name

\_\_\_\_\_