

Ponderosa HS Lacrosse Free Play Day!

Ponderosa High School is excited to host a Free Play Day for lacrosse players of all skill levels. Whether you are brand new to the game or an experienced player looking to sharpen your skills, this event is a great opportunity to get on the field, improve your fundamentals, and have fun.

Participants will have the chance to develop their stick skills, build confidence, learn from coaches and teammates, and enjoy a positive, team-oriented environment. No matter your experience level, everyone is welcome to join us for a day of learning, growth, and lacrosse.

We look forward to seeing you on the field and helping you take your game to the next level!

Please complete the form below

Go Mustangs!

* Indicates required question



1. Player Name *

2. Parent/Guardian Name (over 18 years old) *

3. Parent Email *

4. Parent Phone Number *

5. Player Grade Level/Graduation Year *

 Dropdown

Mark only one oval.

☐ Freshman/ 2030

☐ 8th/2031

☐ 7th/2032

☐ 6th/2033

☐ 5th/2034

☐ 4th/2035

☐ 3rd/2036

☐ 2nd/2037

☐ 1st/2038

☐ K/2039

6. Acknowledgment of Risk *

I understand that participation in lacrosse and related athletic activities involves inherent risks, including but not limited to falls, collisions with other participants, contact with equipment, weather-related conditions, and other risks that may result in personal injury, illness, disability, property damage, or death.

I voluntarily choose to have my child participate in the Ponderosa High School Free Play Day and knowingly assume all risks associated with participation.

Release of Liability

In consideration for being allowed to participate in the Ponderosa High School Free Play Day, I, on behalf of myself, my heirs, executors, administrators, and assigns, hereby release, waive, and discharge Ponderosa High School, Douglas County School District, its coaches, staff, volunteers, sponsors, and representatives from any and all claims, demands, actions, causes of action, damages, costs, or liabilities arising out of or related to participation in this event, except to the extent prohibited by applicable law.

Code of Conduct

Participants are expected to demonstrate good sportsmanship, respect coaches, volunteers, and fellow participants, and follow all safety instructions. Ponderosa High School reserves the right to remove any participant whose behavior is deemed unsafe, disruptive, or inappropriate.

Mark only one oval.

☐ Yes, I agree

☐ No, I disagree

7. Medical Authorization *

I certify that the participant is physically able to participate in athletic activities and has no medical condition that would prevent safe participation.

In the event of an emergency, I authorize event personnel to obtain medical treatment deemed necessary for the participant. I understand that I am responsible for any medical expenses incurred.

Mark only one oval.

- ☐ Yes, I agree
- ☐ No, I disagree

8. Photo and Media Release *

I grant permission to Ponderosa High School and its representatives to photograph, record, and use images or video of the participant for educational, promotional, and athletic program purposes, including social media, websites, and printed materials, without compensation.

Mark only one oval.

- ☐ Yes, I grant permission.
- ☐ No, I do not grant permission.

9. Acknowledgment and Signature *

I have carefully read this waiver and fully understand its contents. I understand that I am giving up certain legal rights by signing this document and do so voluntarily. (By typing your name below, you have agreed to the statement above)

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