



## Next Level Lacrosse Academy July 16-18, 2019



Thank you for registering for the NEXT LEVEL lacrosse Academy taking place at the University of Massachusetts in beautiful Amherst Mass. We feel that we have put together a quality coaching staff in addition to some of our players, to provide a wealth of knowledge and most importantly to provide each player the opportunity to learn and get better with their game.

Read through this packet and feel free to call or email us with any questions 413.825.0061, [umasswlax@gmail.com](mailto:umasswlax@gmail.com).

Contact phone at the Academy is 413.825.0061 If no one answers, please leave a message and a representative will return your call or relay the message to your daughter.

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### **CHECK-IN TIMES AND LOCATION**

1:00-1:45pm on July 16 - @ MacKimmie Dormitory - 230 Sunset Ave, Amherst, MA 01003

CHECK OUT AT 12:00 PM on July 18, 2019.

### **HEALTH AND SAFETY**

There will be a certified athletic training at all times. Drugs, alcoholic beverages, and cigarettes are forbidden and players will be immediately dismissed without refund or credit.

### **MEDICAL PAPERWORK**

All Academyers must submit a Health & Release Authorization waiver with their recent Physical and Immunization records.

Although Online uploading of documents was available, bring a hardcopy to registration.

Offline registrants MUST submit the Health & Release Authorization waiver and Physical and Immunization records by June 20, 2018. Please email them to [umasswlax@gmail.com](mailto:umasswlax@gmail.com).

### **CHECKLIST OF THINGS TO BRING**

- |   |                                      |   |  |
|---|--------------------------------------|---|--|
| <input type="checkbox"/> Shorts         | <input type="checkbox"/> Sweat Pants | <input type="checkbox"/> Lacrosse Stick | <input type="checkbox"/> Insect Repellent  |
| <input type="checkbox"/> Sweatshirt     | <input type="checkbox"/> Sports Bras | <input type="checkbox"/> Mouth Guard    | <input type="checkbox"/> Goggles           |
| <input type="checkbox"/> Athletic Socks | <input type="checkbox"/> Cleats      | <input type="checkbox"/> Water Bottle   | <input type="checkbox"/> Gloves (optional) |
| <input type="checkbox"/> Sneakers       | <input type="checkbox"/> T-shirts    | <input type="checkbox"/> Sunscreen      | <input type="checkbox"/> Spending Money    |

### **For Goalies**

- ☐ Goalie Equipment
- ☐ Goalie Stick
- ☐ Helmet

### **PAYMENT**

Relentless Lacrosse must receive full payment by June 15th.

### **CANCELLATION POLICY**

If you cancel from the Event you have registered for, for any reason, the registration fees are non- refundable. A Academy credit will be issued to any Academyer who must cancel prior to Academy. The credit will be for the amount paid by Academyer. It is transferable to another party and is good through the 2018 Academy season. There are no exceptions for injuries, or any other circumstances.

### **OTHER LOCAL INFORMATION**

If you are planning on visiting the town of Amherst or springfield, please use the links below.

Amherst MA: <https://www.amherstma.gov/54/Visiting>

Springfield MA: <http://www.valleyvisitor.com/>

## **DIRECTIONS TO UNIVERSITY of MASSACHUSETTS**

<https://www.umass.edu/visitorsctr/directions>

### **From I-90 (Mass Pike)**

Take Exit 4 (West Springfield). Follow I-91 North to Exit 19. From the exit ramp, turn right onto Route 9. Travel approximately 4.5 miles to Route 116 North (turn left at traffic lights). The UMass exit is 1 mile up.

### **From the North**

From I-91 South, take exit 25 in Deerfield. At the end of the ramp, turn left and follow road to the intersection. Turn right onto Routes 5 & 10 South. Go 1 mile, then turn left onto Route 116 South. Follow 8 miles to the UMass exit.

### **From the East**

Via Route 2 West to Exit 16 (Belchertown/Amherst). From Route 2 take Route 202 South for about 15 miles to a blinking yellow light at Amherst Road. (You will see signs "to Rt 9 and Rt 116"). Turn right and follow Amherst Road (becomes Pelham Road after about 4 miles) for 7 miles to Amherst center. Follow signs to UMass.

### **From the South**

From I-91 North, take Exit 19 in Northampton. From the exit ramp, turn right onto Route 9. Travel approximately 4.5 miles to Route 116 North (turn left at traffic lights). The UMass exit is 1 mile up.

### **From the West**

From Route 2 East, follow to Greenfield/I-91 exit. Take I-91 South to Exit 25, Deerfield. At the end of the ramp turn left and follow the road to the intersection. Turn right onto Routes 5 & 10 South. Go 1 mile, then turn left onto Route 116 South. Follow for 8 miles to the UMass exit.