



“HIGH SCHOOL” Player Registration Form
High School players grades 9 – 12

PLAYER NAME (PRINT) _____

POSITION: Attack Midfield Pole Goalie CITY _____

BIRTH DATE ____/____/____ GRADUATION YEAR _____

PHONE: _____ School you are representing: _____

EMAIL: _____

***** PLEASE PRINT CLEARLY *****

Years of Lacrosse Experience _____ Interest in our Summer Travel Team? Y / N

Payment method: **CHECKS ONLY** - Check # _____

***A Man Up Lacrosse pinnie is **required** to play in this league. If you do not own one, you **MUST** purchase one – **pinnies are \$15 each (Add this to your total if needed)**

REGISTRATION DETAILS

✂ Registration Fee (Circle one) – **FALL** **(or)** **WINTER** **\$175 EACH**

✂ **Register for BOTH and SAVE! BOTH SEASONS - \$325**

✂ Mail completed form with payment to **16824 Woodshire Dr Strongsville, OH 44149**
(checks made payable to “Man Up Lacrosse LLC”)

✂ Fall deadline 10/1/23 & Winter deadline 11/26/23 – Fall league sold out on 9.9.22 last season. **Do not wait to register!!!**

TEN straight seasons have **SOLD OUT** and we've had to turn players away!

Do not be left out! Sign up early to guarantee your roster spot, secure additional discounts, and any requests such as carpooling or playing with teammates!

League Details

- **FOURTEEN** 7 v 7 (24 minute) lacrosse games per season.
- Games will be officiated by two officials

✂ **League Schedule:** **FALL: 10/08/23 – 11/19/23 - Sundays: 5, 6, 7 PM**
WINTER: 12/3/23 - 1/28/24 - Sundays: 5, 6, 7, 8 PM
*****No games on 12/24/23 or 12/31/23 (Holiday Break)*****

✂ **League Structure:** Seven-week season consisting of eight pool play games followed by two weeks of playoffs / consolation games.

✂ **Uniforms/Equipment:** Players must provide their own gear; mouth guards are mandatory; **tennis shoes / molded cleats only permitted on turf. Man Up Lacrosse pinnie is required for play & NOT included in league fee (see page 1)**

✂ League complies with all OHSAA rules and regulations for off-season play.

What sets Man Up Lacrosse League apart from the competition?

- ✂ Man-Up Lacrosse allows NCAA coaches the opportunity to scout.
- ✂ Diversity: 17 schools were represented in the 2022/2023 seasons!
- ✂ Goalie insurance: Equipment will be provided in the event of a goalie no-show.
- ✂ Two –23 minute running games provide for a better competitive experience!
- ✂ Facility with true turf, lined fields, bright lighting, and additional viewing area.
- ✂ Centrally located – minutes off of the Route 82 exit on 71!
- ✂ **Manta Fieldhouse - 10701 Royalton Rd, North Royalton, OH 44133 - BACKLOT**
- ✂ Fall champions receive a team gift. Winter Champions receive the league trophy!
- ✂ Director of Lacrosse Operations: Jeffery Fedor (Holy Name Head Coach)

HOLD HARMLESS AGREEMENT

I/we, the undersigned participant/parent, on behalf of myself and/or my designated minor child, and our heirs, legatees, personal representatives, successors and assigns, hereby agree to defend, indemnify, save, and hold harmless and waive any liability of the Manta Field House and its owners, officers, agents, representatives, employees, successors and assigns in connection with our health, safety, security, and any injury, death and/or disability arising out of, or resulting from our respective participation in the Man Up Lacrosse League presented by Manta Field House. We further agree, understand and represent that we are participating in these activities and programs on a strictly voluntary basis, and understand the possible consequences, risks, and dangers of such participation. I/we further agree to waive, release and relinquish, to the fullest extent of the law, any and all claims, damages, injuries, expenses and causes of action arising in our participation in the Man Up Lacrosse League presented by Manta Field House in any manner. We therefore do fully release and discharge, and agree to defend, indemnify and hold harmless the Man Up Lacrosse League presented by Manta Field House and its owners, agents, servants, employees, insurers, successors and assigns from any and all claims resulting from injuries, including but not limited to loss of life, damages and losses sustained by us arising out of, connected with, or in any way associated with activities of the program. Refunds of any kind will not be given following payment processing. "High School" league is open to any player between the ages of 13-18, or, any player who represents a local high school team.

PARENT SIGNATURE _____ DATE _____

PLAYER SIGNATURE _____ DATE _____



2024 Summer Travel Teams

Northeast Ohio (NEO)

Mighty Ducks

Man Up Lacrosse LLC is focused on having athletes develop their game year round to compete at the highest level possible. We believe that dedicated and relentless hard work will not only increase player fundamentals and athletic ability, but will also help these athletes grow as men and learn the true meaning of leadership. We will take this additional time over the summer months to work to make each player better than they were when they arrived. We are committed at Man Up Lacrosse LLC to do whatever it takes to not only grow the game of lacrosse in northeast Ohio, but to honor it as well.

Travel teams serve two main purposes. The first is to truly showcase each player's talent to college coaches in hopes to achieve a spot on a college roster or to earn an athletic scholarship. All attended tournaments will have numerous collegiate coaches on hand scouting for the upcoming years. The second reason is keep a stick in your sons' hand year round giving him a greater opportunity to become a better all around player.

Each team will be comprised of no more than 25 players and a minimum of two qualified coaches. Each team will have a minimum of 10 practices and will play a minimum of 12 games spread over three tournament events.

Three tournaments will be chosen for the 2024 Summer season.

Tournament 1 – Likely to return to the Clash in Canton in June of 2024

Tournament 2 – Will return to two of the three events in either Cincinnati, Erie, and Edwardsville

Tournament 3 – Will return to two of the three events in either Cincinnati, Erie, and Edwardsville

Expected Travel Teams for Summer 2024

"Varsity" Select Team: High School graduation years of 2025/2026 (Up to two 2024 players if eligible)

"Junior Varsity" Select Team: High School graduation years between 2026 – 2028

If enough players are interested, we will create a third team which will alter the aforementioned groups.

Team Try Outs: It is highly recommended to all players interested in playing on the Summer team play in our indoor leagues and simply notify one of the many coaches that you're interested. We will then use your time during these indoor leagues as your 'try out.' If the number of players interested in joining exceeds the number of roster spots available, a late Spring tryout would occur.

Cost to Participate: \$850 per player. This fee covers the costs of tournament registration, insurance fees, uniform depreciation fees, field rental for practices, equipment overhead, coaches travel fees, and coaching staff stipends. This fee does not cover, nor is Man Up Lacrosse responsible for, travel expenses of families or players. Fee can be paid all at once or in two installments due April 15, 2024 and May 31, 2024. This is the first price increase in three years for the Ducks and we have locked this new price in for the next **three seasons**.

Interested? Let Us Know! If you're interested in playing for a tournament team, please email ManUpLacrosse@hotmail.com Include your name, graduation year, position, school you're representing, and how many years you've played lacrosse. Someone will get back to you shortly thereafter to see if Summer travel is right for you!

If you have any questions please e-mail Coach Jeff Fedor directly at Jdfedor@hotmail.com