



Riverhead Police Athletic League
210 Howell Avenue, Riverhead, NY 11901
Juvenile Aid Bureau - 631-727-4500 x273
Edward J. Frost, Chief of Police



2026 GIRLS LACROSSE Grades K-8

Mail registration to PAL Office address above or register online at riverheadrecreation.net

In Person try on uniform registration 5-7 PM, Nov. 13 @ Riverhead Sr. Center, 60 Shade Tree Ln. Riverhead
 PDF's available at townofriverheadny.gov, Departments, Police, PAL & in PAL Vestibule, address above. **BOTH PAGES OF REGISTRATION MUST BE COMPLETED**

PRINT LAST Name:	First Name:
Circle Current Grade: K 1 2 3 4 5 6 7 8	Date of Birth _____
Returning Player [] or *New Player [] *New Players must submit Family Account Info Form. Visit townofriverheadny.gov , Departments, Police, PAL.	
Street Address _____	City: _____ Zip: _____
MAILING ADDRESS if different from Street Address: _____	City: _____ Zip: _____
Parent/Guardian Name: _____	Would you be interested in Coaching a Girl's LAX Team? [] YES [] NO
Home Phone: (_____) _____	Parent Cell Phone: (_____) _____
Parent E-Mail (please print clearly) _____	@ _____
All information must be complete. E-Mail Address is very important. E-Mail is our main line of communication for practice and updates.	
Emergency Contact / Relationship: _____	Emergency Phone: _____

PAYMENT: Register Online starting 11/13/25 or Check/Money Order payable to Riverhead PAL. NO cash. \$20 returned check fee.

***NOTE 1:** Teams created by number of registrations received by **TEAM PLACEMENT DEADLINE of 1/12/26**

***NOTE 2:** Registrations received after 1/12/26 are NOT guaranteed uniform with player's last name, number choice & graduation year.

***NOTE 3:** Payment refunded if not enough players to create a team.

Girl's registrations do not require a birth certificate. **BOTH PAGES OF REGISTRATION MUST BE COMPLETED**.

FEES:	Riverhead Resident	Non-Resident
Registration Fee	\$75	\$85
Uniform Choice *		
Full Uniform, Pinnie & Shorts	\$44	\$44
Pinnie only	\$20	\$20
Shorts only	\$24	\$24

*If using your uniform from 2025, you do not have to purchase a uniform for 2026.

If using 2025 uniform, indicate pinnie # _____

LIST 3 # choices for your 2026 pinnie below :

Choice 1: _____ # Choice 2: _____ # Choice 3: _____

CIRCLE PINNIE SIZE:

YOUTH – YS/YM or YL/YXL
 or
 ADULT – AS/AM or AL/AXL

CIRCLE SHORT SIZE:

YOUTH – S M L XL
 or
 ADULT – S M L XL XXL

CIRLE GRADE / GRAD YEAR:

K /2038	1 /2037
2 /2036	3 /2035
4 /2034	5 /2033
6 /2032	7 /2031
8 /2030	

Player's last name, number & graduation year will be printed on Pinnie
 if registration is received by January 12, 2026 deadline.

PAL Girl's Lacrosse 2026 Spring Information

ELIGIBILITY: Girls in current grades of K – 8th.
 Players are placed on teams based on their grade level in the current school year.

REGISTRATION: Team breakdowns will depend on the number of registered players in each grade level.

WHEN / WHERE: Weekday evening practice begins in early March. Local practices in Riverhead area.

Games played on Sundays, note below. Travel team throughout Suffolk County. Half of games played in Riverhead and the other half on various fields throughout Suffolk County.

EQUIPMENT REQUIRED: Each participant must provide their own lacrosse equipment for the program.

PLAYER WILL NEED: Lacrosse stick, goggles & mouth guard

6 Sunday games starting March 29, 2026.

PAL Office Use Only

NAME: _____

CHECK/MO DATE _____ / _____ /2025 / 2026

\$ _____

Dated Entered _____

PAL 2026 Girls Lacrosse Grades K-8

Player's Name: _____

Riverhead PAL Waiver – Read, Sign & Date Below

I, the parent/guardian of the above named child, hereby give my consent for participation in the above activity and do claim that he/she is in perfect physical condition to participate in said activity.

Furthermore, I, the parent/guardian of the above named candidate for a position on a league team hereby give my approval to his/her participation in all league activities during the current season. I assume all risks and hazards incidental to such participation including transportation to and from the activities; and I do hereby waive, release, absolve, indemnify and agree to hold harmless the Riverhead Police Athletic League associated organizations, the organizers, sponsors, supervisors, participants and persons transporting my/our son/daughter, except to the extent and in the amount covered by an accident or liability insurance.

date: _____

Parent /Guardian **Signature above**

Suffolk County Police Athletic League Player's and Parents Ethics Pledge

*The Suffolk County Police Athletic League has adopted a **zero-tolerance** policy for violence. This includes physical acts of violence, threats of violence or threatening behavior. A violation committed by any participant (player, coach, referee), parent or fan, will result in immediate expulsion for the league and a fine to the organization from which he/she belongs. The following will bring to your attention the type of behavior we hope and expect from our parents. Please read, sign and follow the pledge for a safe and enjoyable season for your child.*

I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game or practice.

I will emphasize skill, development and practices and how they benefit my child over winning.

I will refrain from coaching my child or others during games and practices unless I am an official coach.

I will inform the coach of any physical disability or ailment that may affect the safety of my child or others.

I will place the emotional and physical well-being of my child ahead of a personal desire to win.

I will support my organization, our coaches and officials working with my child, to encourage a positive and very enjoyable experience for everyone.

I will demand a sports environment for my child that is free of drugs, tobacco and alcohol and will refrain from their use at all Suffolk County P.A.L. sporting events.

I will ask my child to treat other players, coaches, officials and fans with respect regardless of race, sex, creed or ability.

I will respect the officials and their authority during games and will not question, discuss or confront coaches at the game field.

I will speak with coaches at an agreed time and place.

I will not engage in any unsportsmanlike conduct with any official, coach, player or parent, such as boozing and taunting, refusing to shake hands, or using profane language or gestures.

I will help my child enjoy this experience by doing whatever I can, such as being a respectful fan, becoming an assistant coach, provide transportation, anything you can do that's Positive.

Let the coaches' coach – let the officials officiate and above anything else; **LET THE CHILDREN PLAY.**

I will be responsible for the conduct of all guests that I bring to my child's game.

I will remember that this is just a game. Let your child dream his own dreams, let your child **PLAY** and have fun.

Thank you for your cooperation and have a great season.

Parent / Guardian Initial: _____

PLAYER'S CODE OF ETHICS

I will encourage good sportsmanship from my fellow participants at every game and practice by demonstrating good sportsmanship.

I will attend every practice and game that I can and will notify my coaches if I cannot.

I will do my best to listen and learn from coaches.

I will treat my coaches, other players, officials and fans with respect regardless of race, sex, creed or abilities and I expect to be treated accordingly.

I deserve to have fun during my P.A.L. experience and I will tell my parents or coaches if it stops being fun.

I will encourage my parents to be involved with my activity in some capacity because it is important to me.

I will do my best in school.

I will remember that my participation in P.A.L. is an opportunity to learn and have fun.

Parent / Guardian Initial: _____