Parent/Player Pre-Intake Form/Email

Est. 2016

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Subject: burnedbyLax – Player Pre-Intake Form

Hi Parent/Guardian,

Thank you for your interest in year-round lacrosse development! Please fill out the form below and reply to this email. Once I receive it, I'll create a **custom Intake Game Plan** for your player, including session schedule, training focus, and recommended package.

Section 1: Contact Information

- Parent Name(s):
- Player Name:
- Player Age, Grade, Height:
- Best Contact Email(s):
- Best Contact Phone(s):

Section 2: Lacrosse Background

- Years playing lacrosse:
- Current Position(s):
- Current Team/Club, Coach Name, Email:
- Other Sports Played:

Section 3: Development Goals

- List three strengths or standout skills your player is known for on the lacrosse field:
- Preferred start date for training:
- As a family, please indicate your player's top development priorities (check all that apply today):

Offensive Skills & IQ	□ Decision-making / field vision
☐ Shooting / finishing accuracy	☐ Playmaking / assists
☐ Dodging / one-on-one moves	
□ Passing / catching under pressure	Defensive Skills & IQ
☐ Off-hand / weak-hand development	□ Defensive positioning / footwork
☐ Offensive positioning & spacing	☐ Slide and rotation understanding

$\underline{\mathsf{Parent}\: \mathsf{Intake}} \to \mathsf{Mike}\: \mathbf{Presents} \to \mathsf{Player}\: \mathbf{Starts}$

☐ Checking / stick technique☐ Field awareness & decision-making	Athletic Performance □ Footwork / agility / quickness □ Chand / applemention	
Goalie Skills (if applicable) ☐ Goalie technique & saves ☐ Communication / directing defense ☐ Agility / reaction time	☐ Speed / acceleration ☐ Strength / conditioning / injury prevention ☐ Endurance / stamina	
Faceoff Skills (if applicable) Stance / ready position Grip technique & stick control Quick release / reaction time Clamp / win mechanics Ground ball pickup Footwork around X Hand speed & coordination Strategy & counters Consistency under pressure Conditioning / endurance Stick & Ball Skills (general)	Game IQ / Lacrosse Intelligence ☐ Understanding rules & strategies ☐ Film study comprehension Character & Mental Skills ☐ Confidence / mental toughness ☐ Leadership / teamwork ☐ Discipline / focus ☐ Time management / balance with academics Recruiting & Exposure ☐ College recruiting prep ☐ Showcase / tournament readiness	
□ Cradling□ Ground balls / 50/50 balls	☐ Highlight reel / video review	
Section 4: Training Preferences		
 Desired Sessions per week: □ 1 □ 2 □ 3 □ Flexible Desired Session Length: □ 60 min □ 90 min Desired Training Style: □ 1-on-1 □ Small Group (2–4) □ Team Training Preferred Days/Times: Park Closest to Your Residence: 		
Section 5: Packages & Budget		
 Training interest (check all that apply): □ 1–4 sessions (starting at \$60/hour) □ 4, 8, 12+ sessions (10% off) □ 6+ month package / Yearly package (20° □ Pre-Season Package □ Other: 	% off)	

Section 6: Additional Information

• What else should we know about your player?



Next Steps

- 1. Reply with your completed form.
- 2. I'll create a **custom Intake Game Plan** for your child, and we'll schedule a video or in-person meeting (preferred).
- 3. Your player's first session will be scheduled based on availability and the lacrosse performance plan.

Thank you,

Michael Burns

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