

## Memorandum

From: President, Westlake High School Boy's Lacrosse

Re: Required Westlake High School P.E. Waiver Request Club Documentation

Agency: Westlake High School Boy's Lacrosse

Instructor: Zack Burke

Instructor email: coachburke@whslax.org

Instructor phone: (760) 500-5442

Description of activity: High school boy's lacrosse team practices and competitions. Club is sanctioned by the Texas High School Lacrosse League.

Grade levels: 9th – 12th. Teams consist of Junior Varsity, Varsity Division II, and Varsity Division I.

Waiver eligibility: Category 2 waiver, Spring semester only.

Number of hours per week: Approximately 10-14 hours/week.

Typical workout schedule: Five practices per week (Monday, Tuesday, Thursday, Friday, Saturday).

One or two games per week (may take the place of scheduled practices).