



# Lacrosse

*SPEED AND CONDITIONING CAMP*

OUR SCRIPTS GIVE ATHLETES THE COMPETITIVE  
EDGE FOR:

- \*EXPLOSIVENESS
- \*MULTI-DIRECTIONAL CHANGE
- \*CARDIOVASCULAR ENDURANCE

- \*COORDINATION
- \*AGILITY
- \*SPEED
- \*TEAMWORK
- \*POWER
- \*PIVOTING
- \*FLEXIBILITY
- \*LEG STRENGTH
- \*FIELD AWARENESS
- \*STAMINA
- \*EYE/HAND COORDINATION

TEAM: SENECA VALLEY BOY'S LACROSSE (GRADES 7-12)

SESSION DATES: JAN 7, 9, 23, 28 FEB 4, 11, 18, 20, 25, 27 (THUR/SAT) \* 2 OUTDOOR TBA

TIME: THUR 6:00 P.M. (SHS – GYM) SAT 9:30 A.M. (MS – MULTI-PURPOSE ROOM)

PRICE: \$114 (12 SESSIONS)

REGISTER TODAY AT [WWW.SPEEDMATTERS.BIZ](http://WWW.SPEEDMATTERS.BIZ) OR CONTACT US BY EMAIL OR PHONE FOR MORE INFORMATION AT [FITNESS4LESS@HOTMAIL.COM](mailto:FITNESS4LESS@HOTMAIL.COM) AND 412-576-5436

TRAIN...COMPETE...ACHIEVE!!!

