



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 YOUTH LACROSSE (GRADES 3-6)

SESSION DATES: JAN 13, 20, 27 FEB 3, 10, 17, 24 MARCH 3 (WEDNESDAYS)

TIME: WED 5:30 P.M.

PLACE: ST. ALPHONSUS SCHOOL (SMALL GYM) 201 CHURCH RD WEXFORD

PRICE: \$80 (8 SESSIONS)

REGISTER TODAY AT WWW.SPEEDMATTERS.BIZ OR CONTACT US BY EMAIL OR PHONE FOR MORE INFORMATION AT FITNESS4LESS@HOTMAIL.COM AND 412-576-5436

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

