

Lacrosse Specific Speed Training



Training which is specifically geared towards lacrosse players in middle and high school

You will learn the skills and techniques to:

- Develop and fulfill your athletic potential
- Increase your performance
- Increase your confidence

Training will consist of a combination of Speed, Agility, Strength, Power, Flexibility, Balance, and Core Strength exercises that are used by the



What: 8 Sessions + 2 makeup sessions

When: Tuesdays and Wednesdays starting June 24th

Cost: \$50/athlete

*****Spaces limited*****

Save your spot by calling or e-mailing Brent Holloway

Phone: 614-314-4886 or E-mail: Brenthh@gmail.com