



Girls 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 GIRL'S LACROSSE

SESSION DATES: JAN 4, 9, 11, 18, 23, 25, FEB 1, *8, *13, *15, 20, 27,

TIME: M 3:00PM, SAT 8:30 AM

PLACE: SV MIDDLE SCHOOL, MULTI-PURPOSE ROOM (*) –OUTDOORS!

PRICE: \$114 FOR 12 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!!!

