



Girls Lacrosse

SPEED AND CONDITIONING CLINIC

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 (GRADES 9-12)

SESSION DATES: (MONDAYS 6:00PM) 1/9, 1/16, 1/23, 1/30, 2/6, 2/13, 2/20, 2/27

(THURSDAYS 3:00) 1/12, 1/19, 1/26, 2/2 PLUS 3 SESSIONS OUTDOORS TBA

PLACE: MULTI-PURPOSE ROOM & -OUTDOORS (TBA)!

PRICE: \$115 FOR 15 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!!!

