



Middle School Boy's Pre-Season Speed-Agility-Lacrosse Training

TNT's Boy's Middle School Pre-Season Speed-Agility-Lacrosse Training program consists of a 1/2 hour of "Speed and Agility" drills and a 1/2 hour of lacrosse fundamentals followed by a 1 hour game each session. This program will have two (2) hour sessions a week. Box lacrosse is a fast paced 6v6 arena game. All 5 field players play offense and Defense. With a smaller field and off the wall play, this league will be sure to improve any individual's fundamental skills, and endurance. Box lacrosse also improves the understanding of offensive and defensive strategies which will translate to a better understanding of outdoor lacrosse. All players will receive a lacrosse jersey.

3 Week program beginning the week of November 30- December 19th.

48 Maximum Enrollment

8 to 1 Player-Coach Ratio

Monday and Wednesday's

3:30pm– 5:30pm

Member \$255

Nonmember \$285

For more information and registration:

Juan Cruz, Sports Coordinator

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