

# HIGH SCHOOL LACROSSE TRAINING

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I recently graduated from Sacred Heart University in Fairfield, Connecticut where I played midfield and attack at the Division I level. I grew up playing Lake Oswego youth lacrosse before attending Oregon Episcopal School (OES). While there I played varsity all four years, making first team all-state and becoming an Adrenaline All-American. The coaching I've absorbed allows me to create an individual or small group training program tailored to the specific needs of each player(s).

## I offer:

- Flexible training locations. I will meet at the field of your convenience.
- Individualized training for offensive high school players with a focus on footwork, dodging, shooting, stick skills, and lacrosse IQ.
- Advanced collegiate level drills and skills training.
- An opportunity to get ahead of the competition through intense training tailored to each specific athlete.
- Recruitment advice to athletes and parents: strategy and tips on communicating with college coaches



**Note: due to the ongoing COVID-19 pandemic, strict equipment sterilization and social distancing practices will be implemented. Masks will be available to all parties at the participant's discretion.**