

# LATERAL EDGE INFORMATION

**ADDRESS** – North Shore Ice Arena: 2111 Founders Drive  
Northbrook, IL 60062

**ATTIRE** - All players required to wear athletic gear for working out. Please provide your own water bottles. We can count on the water fountains being out of commission. No food or drinks other than water allowed in the studio.

**SESSIONS** - Will start with a warm up, dynamic movements, and then move onto breaking the team up into two groups. SAQ (Speed, agility and quickness) will be incorporated on some level for all ages. With the older groups there will be a lot of focus on strength until we have more games in sight.