



LBK Off Season Development



Session 1: Back to Basics

Every lacrosse player has a base foundation of **skill and athleticism**. Becoming a **complete player** and working to **get to the next level** means mastering the **fundamentals first**. Regardless of what age or level you are at you will **be challenged** individually to **learn** and **perfect new skills**.

When:	Thursdays October 18 – November 22	
Time:	6:00 – 7:00 p.m.	Players born 2007 – 2014
	7:00 – 8:00 p.m.	Players born 2001 – 2006
Where:	Oshawa Civic (fieldhouse)	
Single session cost:	\$175.00	
Register for ALL 3 sessions and save! \$499.00 (\$25 savings)		

Featuring Guest Coaches:

October 18 th	Wendy Stone	<ul style="list-style-type: none">• Niagara University Head Coach
November 22 nd	Rachel McKinnon	<ul style="list-style-type: none">• Robert Morris Assistant Coach• Lady Blue Knights Graduate

Take your game to the next level...