



WINTER PROGRAMS



WHAT

UNIQUE BLEND OF INNOVATIVE FITNESS AND LACROSSE

30 mins Speed/Agility AND 30 mins Lacrosse Training
Intermediate and Advanced Players ONLY

STAFF

Lacrosse - Courtney Connor & Ali Jacobs

8 NCAA Championships between these 2 coaches!

Fitness - Jay Dyer

S&C Coach for USA Men's and Women's Lacrosse Teams

WHO

Female Lacrosse Players GRADES 4-12

WHERE

Jay Dyer Strength and Conditioning

10534 York Rd, Suite 104, Cockeysville, MD 21030

WHEN

Tuesdays and/or Wednesdays

6:30-7:30pm, 7:00-8:00pm, or 7:30-8:30pm

3 Sessions - December, January, and February

REGISTER @ WWW.C2LACROSSE.COM | INFO@C2LACROSSE.COM



WHAT

GREAT WARM-UP TO SPRING SEASON WITH FOCUS ON STICKWORK TECHNIQUES AND INDIVIDUAL DRILLS

For All Experience Levels

STAFF

Lacrosse Director - Courtney Connor

St Paul's School for Girls Head Coach, C2 Select Club Lacrosse Director, Former NCAA D1 Head Coach and USA Team Member

WHO

Female Lacrosse Players, GRADES K-8

WHERE

St Paul's School for Girls Price and Performance Gyms

11232 Falls Rd, Lutherville, MD 21093

WHEN

SESSION 1 - Sundays - January 4, 11, 18

SESSION 2 - Sundays - February 8, 15, 22

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