

TITANS TUESDAY NEWS

For the week of January 26, 2015

2015 SPRING REGISTRATION!

Make sure to register for Spring by January 31st (Boys) or February 10th (Girls)! Go to the bottom of the registration page to complete the registration at www.titans-lacrosse.com. Talk to all your friends-boys and girls!

GIRLS CLINICS FEBRUARY 1 AND FEBRUARY 8TH, NOON-2

At Windsor Arena Sports

Equipment will be available-bring your friends who might be interested

\$15 each day, or both for \$20

NO BOYS smelling it up!

LeagueAthletics PHONE APP

Remember to download the free phone app for LeagueAthletics mobile! Download, open, and input your email address, click the Titans Lacrosse Club and have news, team rosters and club information at your finger tips!

SPIRIT WEAR

- New logos loaded on the Titans team wear website
- New “bling” merchandise coming-check back weekly for updates
- A SEA OF RED AND BLACK IS THE GOAL ON THE SIDELINES

ACTION ITEMS:

- Plan for Mandatory Open House February 7, at Group Publishing
 - (times by age listed in Open House section)
- Season payments due 1-31 (uniforms due 2/7)
- Plan for Dick's Sporting Goods discount day 2-14-15

DICKS DISCOUNT DAYS/COUPONS

- February 14th, coaches on site to help 10am-5pm that day
- 20% off everything in the store (with a few exceptions)
- Coupons available year round on the Titans website-under sponsors
- Equipment guide available on the Titans website

PRE-SEASON/SEASON CONDITIONING OPPORTUNITY

One80 Physical Therapy is proud to announce the arrival of Vigor Performance, Northern Colorado's newest and most cutting edge athletic performance training center. We are VERY excited to unveil our new gym and unique training programs that we would love for you to be a part of. Vigor's staff

has years of experience developing and implementing programs for the youth to collegiate athlete to help take them to the next level. They are offering a very competitive pricing structure to allow your son or daughter to have access to our facility and staff in either four, eight or twelve week blocks with the option of training two or three times a week. Your star athletes will be in great hands as they have vast experience in the field of competitive contact sports as well as strength and conditioning. Please feel free to stop by and learn more about Vigor's unique and proven programming!

Vigor's head coach, Ryan Karas, has been a certified strength and conditioning coach for over 3 years, also holding numerous certifications within the industry. With an emphasis on biomechanics, corrective exercise and injury prevention, he has helped facilitate the growth and development of many clients, as well as many top athletes in numerous sports. He has coached a roster of many athletes at the University level, and more than 30 top professional athletes. Ryan has extensive education in the strength and conditioning, rehabilitation, nutrition and fitness realm.

Pricing for 14 years and up is as follows

Private Training 1 on 1

1x a week - \$300/mo

2x a week - \$475/mo

Semi Private Training 5-8 on 1

2x/wk for 8 weeks - \$300

3x/wk for 8 weeks - \$360

2x/wk for 12 weeks - \$400

3x/wk for 12 weeks - \$450

Under 14

1x week \$100 per month

2x week \$150 per month

Ryan Karas, MS, CSCS, PES

The1movementmechanic@gmail.com

[336-251-5400](tel:336-251-5400)

BOYS OPEN HOUSE SPECIFICS (NOTE: Girls Open house TBD - watch for email updates on Girls Open House date/time/place soon!)

- Location Group Publishing, 1515 Cascade Avenue, Loveland, 80538
- Times
 - U9 10:00-11:00
 - U10 11:00-12:00
 - U11 12:00-1:00
 - U12 1:00-2:00
 - U13 2:00-3:00
 - U15 3:00-4:00
- What to bring
 - Birth Certificate *if first year playing* with Titans
 - Shoulder pads if you have NOT been fitted for new jerseys
 - \$75 Jersey fee (Cash, check or charge) if not paid prior to 2/7
 - Helmet deposit if ordering the optional STX helmet (\$50 for the 500 model, \$20 for the 100 model)
 - Helmet if concerned about fit (coaches will be there to validate fit/safety)
 - Purchase method for SWAG (stickers, hats, other stuff yet to be determined)
 - Equipment review (guidelines by age & position)
 - Questions for coaches or board members
- What to expect
 - STX special priced packages available for review (purchase will be via website)

- Information on season schedules/options for teams
- Asking for board parents/team mom/dad
- Rules update by age group
- Code of Conduct review/question time
- Coach information on practices/performance expectations/practice/game rules by team
- Opportunity for questions of board and coaches
- Opportunity to meet/catch up with other parents on your team
- Plan on ½ hour before, or after your time to get through sizing of uniforms, STX Equipment sizing (helmets, pads, etc.), King Soopers Cards, jersey fitting if not fitted previously and more!

COACHES CORNER

- Players not playing other sports should be starting conditioning for the season
- Wall ball, Wall Ball, Wall Ball, Wall Ball, Wall Ball, Wall Ball
- YouTube wall ball and practice drills to start getting ready for the season
- Grades come first, Chores, then Lacrosse

FRONTIER STARZ SUMMER LACROSSE

The Frontier Starz will be running a summer lax program for U11, U12, U13 and U15. They will be competing in the the NDP Colorado Cup (June 5th - 7th) and the 3D Denver Lacrosse Shootout (June 12 - 14). The cost is \$495 for the 2 tourneys; cost also includes uniforms and practice fees. 8 practices held in SE Fort Collins prior to the tourneys. Try-outs are Saturday, February 14th - U11/12 @1-2:30pm and U13/15 @ 2:30-4pm at Loveland Sports Park. For registration or more information: <http://adrln.com/events/frontier-starz/>

Thank you!

Please let us know if you have any questions! Email any Executive Committee member listed on our webpage, or reply to this email!

Diana Perko, Titans Lacrosse Club Secretary