

HIGH SCHOOL LACROSSE

“PRE-SEASON TUNE-UP”

Tuesdays & Thursdays
3:30-5:00pm
February 28, March 2, 7,
9, 14 & 16



TOP REASONS TO ATTEND THE “TUNE-UP”

- *You were on JV last year and now you're looking to make varsity this year?*
- *Out of shape & need to shake off the rust?*
- *You're not just looking to make the team, you want to start!!*
- *Our team is strong this year, the PS-TU will be a great way to start the season!*
- *This program perfectly fills the void between February Vacation and the start of the season.*

This program focuses on coaching each player through individual, positional and team instruction. There's also a physical conditioning element that will get you in shape and keep you injury free!!

Don't Just attend tryouts, ATTACK tryouts!!

***To learn more about about this program,
please call us or visit us on the web at:***

plymouthsportscomplex.com

508-927-4384

**[CLICK HERE
TO REGISTER](#)**