



COPPELL LACROSSE REAL BOX TRAINING



Coach Jeff Roberts has created Real Box Training for players interested in taking their game to the next level. For six weeks players will be put through intense drills that will help further their skill development and gain an edge on their competitors.

REGISTER NOW THROUGH NOVEMBER 27
HURRY! To ensure quality spaces are limited in each grade.

DETAILS:

Price: \$100 for 2 weekly 1 hour sessions for 6 weeks

Age groups: HS division grades 9-12 & Youth division grades 5-8

Format: Instruction/Skill development & scrimmage play.

Location: Fron-Tennis Facility, Mockingbird & Beltline, Coppell, TX

Instructor: Jeff Roberts

Requirements: USBoxLA membership www.mag.usboxla.com

**FREE
FOR ALL
GOALIES!**

SCHEDULE:

	FRIDAYS	SUNDAYS
Week 1	12/4 HS 5pm • Youth 6pm	12/6 HS 1pm • Youth 2pm
Week 2	12/11 HS 5pm • Youth 6pm	12/13 HS 1pm • Youth 2pm
Week 3	12/18 HS 5pm • Youth 6pm	12/20 HS 1pm • Youth 2pm
Week 4	1/8 HS 5pm • Youth 6pm	1/10 HS 1pm • Youth 2pm
Week 5	1/15 HS 5pm • Youth 6pm	1/17 HS 1pm • Youth 2pm
Week 6	1/22 HS 5pm • Youth 6pm	1/24 HS 1pm • Youth 2pm

Questions: Contact Coach Roberts @ 315-439-6899 • jeffrey.roberts19@outlook.com

Please include this form with a check payable to: **Born 2 Run Lacrosse LLC**
Mail check and form to: **509 Parkway Blvd, Coppell, TX 75019**

Position: _____

Name: _____ Grade: _____ School: _____

Address: _____ State: _____ Zip: _____

Email: _____ Phone: _____

USLacrosse# _____ USBoxLA Membership# _____