



COACHES' MEETING

Date: Sun March 29th 2009

Time: 10-11:30 AM

Site: Rosemount Community Center (Auditorium),
13885 So Robert Trail, Rosemount, MN

COACHES' CLINIC

Date: Sun., March 29th 2009

Site: Rosemount Community Center, 13885 So
Robert Trail, Rosemount, MN

Open to: MBSLA, YLM and MSHSL youth and HS
coaches

Registration Fee: "FREE" for all MBSLA youth and
high school coaches \$20 for MSHSL and YLM
coaches (who are not MBSLA members)

Registration Link: visit www.MBSLA.org or the
www.LaxLoons.com websites.

Contact: Kevin Reed, MBSLA president 952-239-
4328 cell, kevinreed@hotmail.com

Coaches Clinic Sessions:

11:40 AM...Dodging & Shooting...Featuring Ben Shear - founder and director of Strength and Condition at the Athletic Edge Performance Enhancement Training Center in NJ, Matt Danowski - Mid, 3 x All-Am Duke, CO Mammoth & NJ Pride/LI Lizards, 07Tewarathon winner and NCAA leading scorer, and Joe Walters - Att, 4 x All-Am Maryland, Rochester Knighthawks & Rattlers, Team USA, 1st pick in the 06 MLL draft, MLL Off MVP.

12:50 PM...Goaltending... Featuring Mike Gabel - founder of True Lacrosse IL, Goalie U of Vermont & Chicago Machine, Team MVP and MLL All-Star

2:00 PM...Lax 101 "What coaches need to know" ...Featuring Kevin Reed & Hank Marotske - U St Thomas grads, present & former presidents of the MBSLA, State Champs at St Louis Pk and Blake.

3:30 PM...Face-Off...Featuring Nolan Godfrey - founder of the face-off club, successfully high school coach in MA & TX, (FO Mid) All-Am Merrimack College, Philly Barrage/Boston Cannons, Team USA Box FOGO.

Coaches Clinic Questions: Contact Mark Hellenack, Clinic Coordinator at 952-938-2723 or mhellenack@laxloons.com

PRO PLAYER CLINICS

Location: Irish Dome, Rosemount, MN

Date: Sunday, March 29th 2009

Cost per player: \$90 per clinic

Grade Levels: Open to 5th -12th graders.

Info & Registration Link: www.laxloons.com

Dodge & Shoot Clinic

Time: 2-5PM (limited to 100 players)

Format: the clinic offers 3 hours of dodging and shooting instruction, fitness drills for making you a better lacrosse player. This is a great opportunity to learn from college All-American and All-Pro MVPs like Matt Danowski and Joe Walters.

Goaltending Clinic

Time: 2-5PM (limited to 16 players)

Format: the clinic consists of 3 hours of goaltending instruction and evaluation by Mike Gabel, a MLL All-Star and team MVP goalie for the Chicago Machine.

Face-Off Clinic "A Regional Qualifier for the U.S. Championship"

Time: 12:00 AM-3:30 PM (limited to 40 players)

Format: the clinic consists of 3.5 hours of face-off instruction and evaluation by Nolan Godfrey "the Godfather of the X", a successful H.S. coach, college All-American, Team USA and pro player. **NOTE:** The clinic serves as the Minnesota Regional Qualifier for the 2009 U.S. Face-Off Championship held in June in Boston with the final matchup being on the field just prior to a Boston Cannons game. Note: the top 2 finishers in each age group (5-6th grade), (7-8th) and (9-12th grade) from Minnesota will advance to the national finals.

Questions: Contact Clinic Director, Mark Hellenack at 952-938-2723 or mhellenack@laxloons.com

