

ATHLETES WAREHOUSE SUMMER LACROSSE OFFENSIVE SPEED & SKILLS



**WITH COACH JACK GLADSTONE
FRANKLIN & MARSHALL 2012-2016**

SPEED & POWER TRAINING

SHOT VELOCITY

AGILITY, DODGING

AGES:

MIDDLE & HIGH SCHOOL BOYS

COST:

10 SESSIONS FOR \$400



**TIMES AND DAYS ARE NOT FINALIZED. IF YOU ARE INTERESTED PLEASE CONTACT
TEAM@ATHLETESWAREHOUSE.COM AND WE WILL BEGIN TO FORM GROUPS BASED
ON SUMMER AVILABILITY. SESSIONS WILL START TOWARD THE END OF JUNE.**

**220 TOMPKINS AVE
PLEASANTVILLE, NY
10570**