



Cheshire, CT

Team 203 Lacrosse Club

Winter Indoor Lacrosse & Speed Training

Speed Training/Dodging/Shooting/Small Group Skills Training for Summer Players

CT Sportsplex

CT Sportsplex 150 Foxon Rd, North Branford (designed for intermediate to advanced athletes/players). Each group has 30 minutes of speed training incorporated into each weekly session! Speed training is built into the overall cost.

Wednesdays January 4 - March 8th, Field 3, 10 weeks

5:00-6:30pm Grades 5/6th

6:30-8:00pm Grades 7/8th

***Run by Team 203 Coaches and special guests. Reversibles are given to players registered prior to 12/15/2016**

Winter Indoor Stick Skills Training

Sundays February 5th - March 12th (3:30-5pm - Grades 5-8)

Beckerman Athletic Center 225 Skiff Street, Hamden CT

***Run by Team 203 Coaches and special guests. Reversibles are given to players registered prior to 12/15/2016**

"Register Online" Today at www.Team203lacrosse.com