



1) Winter Skills Lacrosse Training CT Sportsplex 150 Foxon Rd, North Branford

Team CT Winter Skills Training is designed to rep specific Positional Training, Transition & Small Field Games.

(5/6th) 5:00-6:30pm, (7/8th) 6:30-8:00pm, (HS) 8-9:30pm

Option I Even Days 1/4, 1/18, 2/1, 2/15, 3/1

Option II Odd Days 1/11, 1/25, 2/8, 2/22, 3/8

Option III All Wednesday Sessions 1/4-3/8

2) Winter 3X Lacrosse Training Beckerman Center 225 Skiff Street, Hamden

3XLacrosse TEACHES Sticks Skills, Stick Protection, Quick Thinking and Shooting Small

Sundays, January 29th - March 12th 5:00-6:30pm (5/6th), 6:30-8:00pm (7/8th) (NO 2/5)

Each session will include 45 minutes of stick skill work and 45 minutes of 3XLacrosse games. Please bring mouthpiece, helmet and gloves to each session. A Team CT 3XLax reversible will be provided. To check out video go to <http://www.3xlacrosse.com/video/>.

3) Team CT Summer Team Players - Box Lacrosse Training In-Sports, 29 Trefoil Drive, Trumbull, CT 06611

This is NOT a league but rather coach Niemi and coach MacDonnell running OUR Team CT Summer Team players through Box Lacrosse Training and Games b/n eachother.

HS Monday's, January 9 - February 27th (8-9:30PM) OR HS Tuesday's, January 10 - February 28th (8-9:30PM) OR **Choose Both Days (Monday & Tuesday) Option!**

Register Online for all at www.TeamCTLacrosse.com today!

