

Cody O'Donnell's Indoor Lacrosse Clinic

WHERE: The Habitat in Uxbridge, Ma

374 West St, Uxbridge, MA 01569

WHEN: Mondays 10/30/17 – 12/18/17

- Midfield & Attack session: 7:00pm - 8:00pm
 - Proper shooting form
 - Increase power & accuracy
 - Growth in footwork performance
 - Speed & Agility
 - Gain a better Lacrosse IQ
- Defensive session: 8:00pm - 9:00pm
 - Proper defensive posture
 - Increase in footwork
 - Growth in stick work
 - Speed & Agility
 - Gain a better Lacrosse IQ



COST: \$180 per person for a session (Midfield/Attack \$180 & Defensive \$180)

CLINIC: Throughout the clinic session, players will be learning proper shooting form, running through stick work and footwork drills, taking over 200 shots, gaining valuable positional work and improving overall lacrosse IQ.

MY LACROSSE BACKGROUND

- Division 1 Collegiate Long stick midfielder & Defenseman at Bryant University, graduated in May of 2017. 2015 lead the nation in long stick midfield goals.
- All New England player at Bryant University; First Team All-Conference Honors , chosen for North/South College Showcase—Nations to Senior Game in 2017.
- High School 2x All State & 2x All American at LaSalle Academy in Providence Rhode Island.
- 2x Brine All American Champion.
- Currently working and coaching for RI Bulldogs Lacrosse club (since 2012), which is run by Head Coach at Bryant University, Mike Pressler and by Head coach of LaSalle Academy, Steven O'Donnell.
- Small group and individual lacrosse developmental training the last 3 years.
- References available upon request

CONTACT: codyodonnell32@gmail.com or (401) 626-1582

REGISTRATION: Payment can be made out to Cody O'Donnell and sent to:

11 Ryan Court
Smithfield, RI 02917

LACROSSE CLINIC WAIVER FORM

Player Name: _____

Email address: _____

Emergency contact name: _____

Emergency Contact #: _____

I understand this consent form and agree to its conditions. I agree to indemnify and hold harmless RIBULLDOGS LACROSSE and its organizers from any and all causes of action claims, demands, losses and costs of any nature, whatever arising out of, or in any way relating to, my participation in this program

By participating in this clinic, you agree to allow RIBulldogs Lacrosse to use photographs of any player in RIBulldogs Lacrosse Marketing & Promotional material, including the ribulldogs.com website.

Signature: _____ **Date:** _____