

**Kansas City Blue Lion Lacrosse  
December Program**

Register @ [www.bluelionslax.com](http://www.bluelionslax.com)

**Small Group Training — \$100**

Coaches: Dave Colbert, Kevin Looby, Will Garrett & Jim McInerney

<p><b>Youth Boys</b> <i>4th - 8th Grades</i></p> <p>Tuesdays for 4 weeks starting December 8</p> <p>6:00 - 7:00 pm</p>	<p><b>Girls</b> <i>8th - 12th Grades</i></p> <p>Tuesdays for 4 weeks starting December 8</p> <p>7:00 - 8:00 pm</p>	<p><b>High School Boys</b> <i>9th - 12th Grades</i></p> <p>Wednesdays for 4 weeks starting December 9</p> <p>6:00 - 7:00 pm</p>
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Kansas City Sportsclub  
3610 W. 95th Street

**Speed, Agility & Strength Training — \$35/hour for one athlete, \$20/hour (each) for 2 - 4 athletes**

Led by: Paul Sterrett, Strength & Conditioning Coach for LA Dodgers

Available upon request — please email [bluelionlacrosse@gmail.com](mailto:bluelionlacrosse@gmail.com)

**Lacrosse Performance Training — \$150**

30 minutes of individual skill work & 30 minutes of speed & agility work

Coaches: Dave Colbert & Paul Sterrett

<p><b>Youth Boys</b> <i>4th - 6th Grades</i></p> <p>Wednesdays for 6 weeks starting in January</p> <p>4:45 - 5:45 pm</p>	<p><b>Youth Boys</b> <i>7th - 8th Grades</i></p> <p>Wednesdays for 6 weeks starting in January</p> <p>5:00 - 6:00 pm</p>	<p><b>Girls</b> <i>5th - 8 Grades</i></p> <p>Thursdays for 6 weeks starting in January</p> <p>5:00 - 6:00 pm</p>
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**Youth Boys**

*4th - 8th Grades*

Thursdays for 6 weeks  
starting January 7th

4:45 - 5:45 pm

**Small Group Training** — \$160

Coach: Dave Colbert  
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