

TAKE THE OPPORTUNITY THIS SUMMER TO CHANGE
THE WAY YOU PLAY THE GAME....

NVIGOR 8 LACROSSE

SUMMER 2011 CAMPS & TRAINING PROGRAMS

MEN'S CAMP

STOP DOING THE SAME DRILLS AT THE SAME CAMPS. BE GIVEN THE TOOLS TO DEVELOP AS A PLAYER ALL SUMMER, FALL AND WINTER. EVERY DRILL AT THIS CAMP CAN BE DONE AT HOME AND WILL MAKE YOU A FASTER, STRONGER, AND A MORE EFFICIENT LACROSSE PLAYER.

Who

All boys, grades 5-9

Where

Kingswood Golf Course
4188 Irwin Simpson Road
Mason, OH

When

July 19th-22nd
5:30-8:30 PM

How much

\$50 per player

X-CELERATE PROGRAM

DEVELOP THE ATHLETIC EDGE TO CHANGE HOW YOU APPROACH THE GAME. FOCUSING ON ATHLETIC DEVELOPMENT AND CONFIDENCE, THE SUMMER X-CELERATE PROGRAM APPLIES ATHLETIC PERFORMANCE TRAINING AS WELL AS THE SPECIFIC MOVEMENTS AND TECHNIQUES ASSOCIATED TO THE SPORT OF LACROSSE, MEN'S AND WOMEN'S. AND WITH THE SPORT.

LEARN TO

- DODGE EFFICIENTLY
- BUILD ENDURANCE
- DEVELOP FOOTWORK
- INCREASE BURST
- BUILD CONFIDENCE

Who

Boys and Girls, ages 11-17

Where

DI Sports Training
500 E-Commerce Dr. Sharonville, OH

When

July 30th - Sept. 17th
Monday/Wednesday/Friday 200-3:00 PM

How much

\$25 per session
\$65 per week
\$475 for the full 8 weeks

WOMEN'S CAMP

AGILITY AND INITIAL BURST ARE CRUCIAL TO THE SPORT. THIS CAMP WILL FOCUS ON DEVELOPING SKILLS AS WELL AS THE ATHLETIC TOOLS NEEDED TO SUCCEED.

A FOCUS ON UNDERSTANDING THE DIFFERENCES IN PROPER ATHLETIC TRAINING FOR WOMEN IS CRUCIAL TO SUCCESS AND INJURY PREVENTION.

Who

All girls, grades 7-12

Where

Kingswood Golf Course
4188 Irwin Simpson Road
Mason, OH

When

July 12th-15th
5:30-8:30 PM

How much

\$50 per player