

# THE 100 GOALIE DAY IN SOUTH FLORIDA

## 13<sup>th</sup> Annual Florida Preseason Lacrosse Goalie School

Presented and underwritten by the  
Florida Youth Lacrosse Foundation,  
a non-profit 501 (c) (3) organization

*Sponsored by Boca Jets Lacrosse*

**Saturday, January 6, 2018**

**9:15 AM – 4:00 PM**

**South County Regional Park, Boca Raton**



### **Beginner Boys, Beginner Girls – Ages 8-18**

Designed as a starting place for those  
new to the game or the position.

### **Experienced Boys, Experienced Girls – Ages 8-18**

Designed for those looking for  
advanced technical training.

### **Advanced High School Goalies will be isolated with D1 Goalie Coaches or MLL Goalies**

#### **Coaches**

Designed for new or experienced coaches from Youth  
to High School that want to gain hands-on experience  
instructing the position.



### **Player:**

**\$85 for early registration prior to 1/1/18**

**\$95 after 1/1/18**

### **Coach: Free**

### **Contact Information**

Don Goldstein, *Director*

954-328-3801, laxduck@aol.com



The Florida Youth Lacrosse

Foundation recognizes

the importance of goalie

development in Florida

youth lacrosse. The Board

of Directors has allocated

funding to allow potential

goalies to get top quality

instruction in the position. We seek to have

quality goalie coaches throughout our high

school and youth leagues and have once

again agreed to subsidize the cost of coach

training. Coaches are FREE!

### **Directions**

**South County Regional Park**

**Boca Raton, FL – <http://ow.ly/Fjd1o>**

(North Fields) – Yamato Rd and Ocean  
Mist Drive

West of 441 – Park Entrance on left/  
Fields to immediate left

**REGISTER AT:**

**[www.FloridaLaxClassic.com](http://www.FloridaLaxClassic.com)**

# OUR 2018 PROGRAM

## Statewide Lacrosse Goalie Event

Registration and Stick Evaluation: 8:15 am  
Player Training: 9:15 am - 4:00 pm

The 2018 School will use the “Constant Motion” goalie training format. This is a rigorous program that features continuous rotations designed to teach or reinforce fundamental goaltending techniques.

### Training will include:

- Perfecting the Ready Position
- Step – Body – Balance for Saving Effectiveness
- Eating the Bounce Shot
- Arc and Angle for a Saving Advantage
- Ground Balls, Stick work, and Clearing
- Free Position Shots
- Reaction saves “Crashing the Pipes”
- Practice Drills for Personal Improvement
- Q&A with the goalie staff

### BIGGER AND BETTER:

- “Directing the Defense” with Doc Schneider
- The Parents session with Sean Quirk! “Raising and Supporting a Happy Goaltender” at 3:00 PM
- The biggest equipment “stick pile” give-a-way in history!!!
- “Goalie Sevens” Field Games
- Building muscle memory for 9 key “saving areas”

Water stations will be available all day.

**Lunch for all players and coaches will be provided by the Florida Youth Lacrosse Foundation.**

Players are required to provide their own equipment.

## RESTRING YOUR STICKS!

Our expert goalie stick repair and restringing team will once again be on site. Stick evaluations, repairs, and restringing will begin at 8:15 a.m. and continue throughout the day.

Restringing \$20.00

New mesh and restringing \$40.00

Our preseason clinic will jump start your preparation for the upcoming season. Players will receive technical instruction, individual coaching, and one-on-one analysis of their individual strengths and weaknesses. Each player will leave the clinic with a better understanding of how they can improve their playing or coaching the position.

## THE 2018 SCHOOL WILL HAVE OVER 20 COACHES THAT ARE GOALTENDING SPECIALISTS, INCLUDING:

### Sean Quirk – BOYS DIRECTOR

Head Coach Boston Cannons MLL

### Eric Hagarty

Head Coach Endicott College

### Doc Schneider

Associate Head Coach UMASS

### Larry Kline

Assistant Coach Stony Brook

### Michelle Smith – GIRLS DIRECTOR

Head Coach Babson College

### Kat Egzi

Head Coach Emerson College

### Mike Sciamanna

Head Coach St. Anselm College

### Cam Bell

Boston Cannons Goaltender

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**Proper pockets are essential to improved play.**



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