



## War Eagle Lacrosse Academy 2017 – 2018 Winter Clinics

War Eagle Lacrosse Academy is offering Lacrosse clinics to the greater Madison area and its youth Lacrosse Players. Using progression based instruction of proper mechanics on the fundamentals of scooping, catching, passing and shooting, War Eagle coaches will build confidence by 1<sup>st</sup> adding comfort reinforced reps. This winter, your player will hone their stick skills, develop muscle memory, all within a context of a fun and safe environment. Both Boys and Girls clinic will be running concurrently, but separated by gender as each clinic will have two Women coaches instructing girls and two Men coaches will be instructing boys. One time for families of Lacrosse players!

- Drill Focus: footwork, confidence building stick mechanics, structured reps with high intensity
- Conditioning component: Speed Plyometrics to develop athletic muscle groups, posture & balance
- Emphasis on Fun: Each clinic will have dedicated time to race, play, compete against other in Dodgeball, scooping contests, 3 x 3

Register @:

All clinics will take place at GRB Academy, 6385 N Towne Rd, Windsor, WI

Fee Schedule: **11 sessions for \$ 225**, or drop in Session of \$ 25 per

Space is limited to 20 boys & 20 girls per Session

Clinic Schedule			
Sat. , Dec. 2nd	Off Season Clinic	3:30 pm – 5:30 pm	Boys & Girls 7 – 14 years of age
Sat., Dec. 9th	Off Season Clinic	3:30 pm – 5:30 pm	Boys & Girls 7 – 14 years of age
Sat., Dec. 16th	Off Season Clinic	3:30 pm – 5:30 pm	Boys & Girls 7 – 14 years of age
Sat., Dec. 23rd	Off Season Clinic	3:30 pm – 5:30 pm	Boys & Girls 7- 14 years of age
Sat. , Jan 6th	Off Season Clinic	3:30 pm – 5:30 pm	Boys & Girls 7 – 14 years of age
Sat., Jan. 20th	Off Season Clinic	3:30 pm – 5:30 pm	Boys & Girls 7-14 years of age
Sat., Jan. 27th	Off Season Clinic	3:30 pm – 5:30 pm	Boys & Girls 7 – 14 years of age
Sat., Feb. 3rd	Off Season Clinic	3:30 pm – 5:30 pm	Boys & Girls 7 – 14 years of age
Sat., Feb. 17th	Off Season Clinic	3:30 pm – 5:30 pm	Boys & Girls 7 – 14 years of age
Sat., Feb. 24th	Off Season Clinic	3:30 pm – 5:30 pm	Boys & Girls 7 – 14 years of age
Sat., March 3rd	Off Season Clinic	3:30 pm – 5:30 pm	Boys & Girls 7 – 14 years of age

Questions? Contact Mike Reiter, 608.609.6847, mjreiter3@gmail.com