



War Eagle Lacrosse Academy indoor training dates are now established for committed players(Boys & Girls) in the Madison area. Training goals are based on positional progressions in anticipation of game play in the spring. This opportunity is only for players that take training seriously as they understand this level of dedication will create mental toughness, and a confidence in athletic skill sets to become the most impactful players on the Lacrosse field. Players should be prepared for difficult workouts that test stamina, strength, and limits of mental concentration.

**War Eagle Lacrosse Academy Elite Off-Season training** is offering enhanced training techniques, unique to Lacrosse movements to facilitate hip motions and foot speed. Hundreds of reps per session from Lacrosse drills and plyometric exercises. The Saturday afternoon\evening sessions will put players in “uncomfortably safe” conditions to build confidence in areas that need improvement.

Players serious about becoming elite Lacrosse players can ‘drop in’ or reserve your spot in advance(space is limited so reservations are recommended).

To Register online: <http://www.wareaglelax.com/page/show/3737010-indoor-home-of-war-eagle-lacrosse>

Location: GRB Academy 6385 N Towne Rd., Windsor, WI

11 Sessions - \$ 280 or ‘Drop in’ of \$ 30 per session

<b>BOYS SCHEDULE</b>		
Date	12 & Younger Hours	13 & Older Hours
Sat. Dec. 2nd	6:30pm – 8pm	7:30pm-9:30pm
Sat. Dec. 9th	6:30pm – 8pm	7:30pm-9:30pm
Sat. Dec. 16th	6:30pm – 8pm	7:30pm-9:30pm
Sat. Dec. 23rd	6:30pm – 8pm	7:30pm-9:30pm
Sat. Jan. 6th	6:30pm – 8pm	7:30pm-9:30pm
Sat. Jan. 20th	6:30pm – 8pm	7:30pm-9:30pm
Sat. Jan. 27th	6:30pm – 8pm	7:30pm-9:30pm
Sat. Feb. 3rd	6:30pm – 8pm	7:30pm-9:30pm
Sat. Feb. 17th	6:30pm – 8pm	7:30pm-9:30pm
Sat. Feb. 24th	6:30pm – 8pm	7:30pm-9:30pm
Sat. Mar. 3rd	6:30pm – 8pm	7:30pm-9:30pm

<b>GIRLS SCHEDULE</b>		
Date	13 & Younger Hours	14 & Older Hours
Sat. Dec. 2nd	3:30pm-5pm	4:30pm-6:30pm
Sat. Dec. 9th	3:30pm-5pm	4:30pm-6:30pm
Sat. Dec. 16th	3:30pm-5pm	4:30pm-6:30pm
Sat. Dec. 23rd	3:30pm-5pm	4:30pm-6:30pm
Sat. Jan. 6th	3:30pm-5pm	4:30pm-6:30pm
Sat. Jan. 20th	3:30pm-5pm	4:30pm-6:30pm
Sat. Jan. 23rd	3:30pm-5pm	4:30pm-6:30pm
Sat. Feb. 3rd	3:30pm-5pm	4:30pm-6:30pm
Sat. Feb. 17th	3:30pm-5pm	4:30pm-6:30pm
Sat. Feb. 24th	3:30pm-5pm	4:30pm-6:30pm
Sat. Mar. 3rd	3:30pm-5pm	4:30pm-6:30pm

Email [mjreiter3@gmail.com](mailto:mjreiter3@gmail.com) with any questions concerning War Eagle Lacrosse Programming