



NEIGHBORHOOD LACROSSE

Personal Skill/Agility Training For:

Attack Midfield Defense Goalie

ANY AGE/SKILL LEVEL

Program Details:

- 1-on-1 Personal Coaching/Training
- Small Group Sessions (Email/Call for additional info on group sessions)
- 1 Hour Sessions
- Feedback Forms given to players at the end of each session
- SPONSORED BY NICK'S PIZZA AND DELI (FANWOOD, NJ)
(NICK'S DISCOUNTS/DEALS AVAILABLE TO PROGRAM PARTICIPANTS)



Coaches:

Kevin Charos (Founder/Offensive Trainer): Student at New Jersey Institute of Technology, Played Varsity Lacrosse for SPFHS, Division I Lacrosse Experience, 3 Years of Coaching/Training Experience.

Sean Duthie (Defensive Trainer): Student at Catholic University, Division III Lacrosse Player, Played Varsity Lacrosse at SPFHS.

Robert Watterson (Goalie Trainer): Current 8th Grade Coach for Scotch Plains Fanwood Lacrosse, Played Varsity for Columbia HS, Attended Rutgers University.

CONTACT FOR MORE INFO:

Email/Call for (rates,locations,etc.)

Email: kevincharos@gmail.com

Phone: (908)-377-7096