

Off-Season Training

Some of the details regarding off-season training with Seven Lakes Lacrosse:

- Communication will mainly be from the coaches via Remind 101
- Expect training to start the week of June 16
- The sessions will vary between shootarounds, wall ball and positional practices, mixed in with training in the gym
- On field sessions are expected to take place on Tuesday and Thursday mornings (time TBD) as well as later in the day on Saturdays
- Gym sessions are expected to take place on Mondays, Wednesday and Fridays, after 5 PM (see info re: 24 Hour Fitness below)
- All off-season sessions are voluntary but players are encouraged to attend

24 Hour Fitness

For the gym sessions we are working on an arrangement for a group rate at 24 Hour Fitness. Further confirmation will be provided later but some of the details are as follows:

- Players are responsible for their own fees
- No contract required but you do have to pay in advance for your first and last month – i.e. this means there is a minimum 2 month term required
- Fee is \$49.99 per month, no initiation fee and no administration fee
- The reduced fee of \$49.99 is available not only for Seven Lakes Lacrosse players but also their families
- We will be using the 24 Hour Fitness location at 5270 West Grand Parkway South
- Fees entitle you to use all locations, once you have paid at the 5270 West Grand Parkway South location