

# **SUMMER LACROSSE TRAINING**

## **BIG BEAR LACROSSE & LARKINS SPORTS PERFORMANCE**

### **Team Lifting and Conditioning**

3 Lifting sessions per week (No Lacrosse skills)

6weeks = \$450/per player (\$25per session)

- 8weeks = \$600/per player (\$25per session)

- 12weeks = \$900/per player (\$25per session)

- 16weeks = \$1,100/per player (\$22.92per session)

- 24weeks = \$1,500/per player (\$20.84per session)

### **Individual Lacrosse Skills Training**

1 Hour Session = \$50

30 minute Session \$30

If you would like to register, have any questions or would like to know more about these training packages, please email Jonah Gutentag at:

[jonahgutentag@gmail.com](mailto:jonahgutentag@gmail.com)

Diesel Edge Training Facility  
403 Warrendale Road, Wexford, PA

