



Lacrosse Development Position Specific Drills

June 3 - July 29



Personalized Speed/Strength Programs

Position Specific speed + Agility

Receive Copy of Programming



Please Join us, this Summer, at Diesel Edge Training Academy for our 8 week athlete development model. Our professionals will evaluate your athlete, provide entry & exit documents on performance, while collaborating on your athletes individualized: Nutritional, Sports Performance & Skill Program Design.

HIGH LIGHTS

Physical Assessments

- Entry/Exit Baseline testing
- Area's Tested: Power, Speed, Pro Agility, 300yd, broad jump
- Functional Movement Screen
- Injury prevention guidelines

Skill Development

- 36 Position Specific Drills
- 8 week development model
- Monthly Video Analysis
- Respects Summer Team Schedule
- Peaking for Team Camps

Strength + Speed

- Age/Position Specific Programming
- Position Specific Plyometrics
- Speed + Reactionary Quickness
- Peak Power Development + Testing
- Individualized Nutrition Programs

**PLEASE REGISTER BY MAY
20 TH FOR EARLY BIRD
PRICES**

EMAIL: JONAHGUTENTAG@GMAIL.COM

CONTACT INFO

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☎ 614-307-1514

✉ BILLYL573@GMAIL.COM

**PLEASE REGISTER BY MAY
17TH FOR **EARLY BIRD**
PRICES:**

**HIGH SCHOOL/MIDDLE
SCHOOL: \$800
YOUTH: \$600**