

Reps!

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CAN'T SCORE IF YOU CAN'T SHOOT!

WINTER LACROSSE SESSIONS

**Tuesdays, December 6, 13, 20, 2016
and January 3, 10, 17, 2017 • 7pm to 8pm**

Geared towards Competitive, Advanced, and Elite players. (Not intended for newer or inexperienced players. Must be able to catch and throw.) Those new to the game or not ready for this class should sign up for Winter Training or Lax Fundamentals.

FEE \$195.00
per player

AGE LEVEL: Young Guns Players in Grades 4-8. Sharpshooters in Grades 9-12, separated according to grade and ability. Grades 4-6, 7-8, and 9-12.

ALL PLAYERS WELCOME. There is no prerequisite of having played on a summer team for Team Turnpike in order to attend Sharpshooter School.

GENDER: Boys who are at a competitive, advanced, elite level. (Must be able to catch and throw).

SCHEDULE: Sessions will be comprised of 60 minutes of individual skill work (players should take at least 150 to 250 shots)

SKILL: Midfielders, Attackman, Defenseemen (who want to shoot with their long poles are welcome), and Goalies.

INDIVIDUAL SKILLS to be covered include, but are not limited to: Shooting Techniques; On the Run and Off the Dodge Shooting; Time and Room Shooting; Crease Shooting; Bounce Shots; Attack Specific Shooting; *and much more.*

Register Online at

www.sportikasports.com/info-form

For more information, call 732-577-1745

email sportika@sportikasports.com

sportikasports.com

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