



## **WINTER TRAINING PROGRAM**

Preparation for the spring lacrosse season begins in January with 10 – 1.5 hour training sessions in January, February & March. Training is available for players in grades 3-12. **Known as “Spring Training”** to many Macomb-area lacrosse players, the East Side Winter Training sessions will focus on high-rep fundamental stick skill / footwork and competitive team play in a small-field situation. East Side Alumni currently playing at UDM, Canisius and Western Michigan will join current high school lacrosse coaches from Dakota, DeLaSalle and LC North who are looking to help prepare their next stars! All instruction is age-appropriate and will be focused on quickly getting each player prepared for their spring season.

### **WINTER TRAINING PROGRAM**

**Also known as our “Spring Training”, we will offer 10 Training Sessions as follows for each age group:**

**SUNDAY EVENINGS | 7:00-8:30 PM**

**JAN. 6, 13, 20, 27, FEB. 10, 17, 24, MARCH 3, 10, 17**

**PREMIER SPORTS CENTER (PSC)**

(The PSC is located at 14901 23 Mile Rd, Shelby Township, MI 48315)

Please go to [www.eastsidelacrosse.com](http://www.eastsidelacrosse.com) for more information

\*\*\*\*Click on training tab and then go to winter training