

LYGHTS OUT LACROSSE TRAINING



TRAINING SESSIONS:

- ❖ Stick work (shooting, ground balls, passing, catching, etc.)
- ❖ Positional based training
- ❖ Fitness, speed and agility training



All ages & skill levels

Sessions will be customized to individual needs and goals

CREDENTIALS:

University of Notre Dame '27, Seton Hall Prep '23 – Captain, Leading
Edge Elite '23

2025

Co Schmeisser Award Winner, ACC Co DPOY, Inside Lacrosse 1st Team
All American, USILA 1st Team All American

2024

NCAA National Champion, USILA 2nd Team All-America, Inside Lacrosse
3rd Team All-American, NCAA All Tournament Team, ACC All-
Tournament Team

2023

NJ Defensemen of the Year, Nike & New Balance All-American, 2x USA
Lacrosse All-American ('22,'23)

CONTACT INFORMATION:

Cell: 908-721-7554

Email: lyghtsoutlacrosse90@gmail.com

Instagram: [lyghtsoutlacrosse.90](https://www.instagram.com/lyghtsoutlacrosse.90)

*Please contact for pricing options.
Pricing available for multi-session packages and
for larger groups*