



# LaxStarz Academy



LaxStarz is designed for athletes who are committed to improving their game. It is an intense program that is focused on challenging every athlete in all aspects of Lacrosse. Coach Mezz (with the help of The Arena Club Sports Performance & LaxStarz Academy Staff) hopes to give your son the skills & training methods necessary to develop his game to the fullest.

## LaxStarz Academy will cover the following:

- Stick Handling & Protection
- Scooping
- Dodging
- Throwing & Catching
- Feeding & Cutting
- Shooting
- Off-Ball Movement
- Picking
- Defensive Stance & Checking
- Transition Drills
- Speed & Strength
- College Recruitment Process

**“I have told everyone that will listen, that this is the BEST MONEY YOU CAN SPEND for your son to learn to play lacrosse the right way.”**

-Parent of LaxStarz Academy Athlete



2304 Churchville Road  
Bel Air, MD 21015  
**410-734-7300**  
[www.thearenaclub.com](http://www.thearenaclub.com)

**Members: \$180**  
**Non-Members: \$215**

**6:00-7:30pm**

Elementary & Middle School Players  
**November 12-December 19, 2013**

Middle & High School Players  
**January 21-February 27, 2014**



**Coach Frank Mezzanotte**  
**“Coach Mezz”**

Former Harford Community College Head Coach  
Former Edgewood High School Head Coach  
Co-Director of Harford Lacrosse Camp  
All-American Defenseman at Towson University  
Towson University Athletic Hall of Fame  
1994 College Coach of the Year