

TARA BUECKER

BS

Women's Lacrosse Instruction



Education & Certifications:

Bachelor of Science, Hofstra University: Physical Education
Jarrettsville Elementary Physical Education Teacher

Lacrosse Experience:

North Harford High School Varsity Girls Lacrosse Head Coach; 2007 State Finalist;
7 years experience with lessons/clinics/camps; Former 2 year captain: Hofstra University;
CAA- All Tournament Team; IWLCA Academic All- American/CAA Commissioner's
Academic All - American

Specialty:

Individual, Small group and Team Lacrosse instruction. Skill specific training: stick work, shooting, dodging, defensive positioning, 1v1 moves, movement concepts, and team strategy.

Philosophy:

Give players the individual attention to work on skills and tactics of the game. Build confidence in areas that need improvement by using a developmental progression so athletes see growth on the field.

