



preseason **Girls Lacrosse** sports performance training

Performance Specialist, Mike Gullion, will lead athletes through training that will include:

- **Speed, Agility and Quickness Training**
- **Lacrosse-Related Drills**
- **High Intensity Conditioning**

February 18, 2014- March 13, 2014

Tuesdays and Thursdays 4:30pm-5:30pm

Cost: \$100 Per Athlete

Middle and High School Athletes

**call today to
register!**



410-734-7300

www.thearenaclub.com