



GUESS WHAT THESE LOCAL STUDENT-ATHLETES HAVE IN COMMON?



2017 Summer Performance Training for Lacrosse Players

SUMMER PERFORMANCE TRAINING - MILFORD FACILITY

We have scheduled a 4-week performance training block on the following dates and times for our lacrosse players to train together--for all rising 7th graders and older--at our Milford facility. ***You have four options a week to get in two training sessions.*** * Sessions will also be offered in No Branford for players living closer to our NB facility.

Mondays & Wednesdays, 6:00-7:00pm | Tuesdays & Thursdays, 5:30-6:30pm | Cost \$150.00

****Register online at BreakOutAthlete.com, type SPEED in the promo code box.**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Week 1	June 19	June 20	June 21	June 22
Week 2	June 26	June 27	June 28	June 29
Week 3	July 3 - OFF*	July 4 - OFF*	July 5	July 6
Week 4	July 10	July 11	July 12	July 13

*Make up sessions can be scheduled with Coach Quido

TO REGISTER:

- Go to BreakOutAthlete.com >>> ONLINE REGISTRATION
- Type SPEED in the promo code box at the top, and Click GO
- Submit online registration

****Note: when registering, please use the Google Chrome browser.**