

ROGUE **R** LACROSSE

SEPARATE YOURSELF FROM THE REST

WINTER BALL - SKILLS SESSION - BOYS LACROSSE

at the Adirondack Sports Complex

November 14, 2010 - January 2, 2011

(Every Sunday)

DIVISIONS

Grades 3-6: 6:00-7:30pm

Grades 7-9: 6:30-8:00pm

Grades 10-12: 7:30-9:00pm

COST

\$220/player

All players must be a US Lacrosse member (www.uslacrosse.com)

All players must be a current Adirondack Sports Complex member (www.adksc.com)

Each session consists of an hour of skills and team concepts followed by a full field game. Players will be drilled in shooting, passing, dodging, offensive and defensive techniques, face-offs and speed and agility work, all of which will be implemented in the games.

Rogue believes that players must learn the fundamentals of lacrosse to allow them to become the best in the game. At Rogue, we're not just building a better lacrosse player, but a better athlete. Separate yourself from the rest!

Register online: www.roguelacrosse.com

Contact Information: info@roguelacrosse.com



Learn from
the best!
Separate yourself
from the rest!

ROGUE LACROSSE

COACHING STAFF

Rogue is run by professional lacrosse players and college coaches.

Joshua Porcell
Kyle Hartzell
Terry Kimener
Mike McDonald
Mike Crimmins
Aidan Howley