

# ROGUE **R** LACROSSE

SEPARATE YOURSELF FROM THE REST

## WINTER BALL - SKILLS SESSION 2 - BOYS LACROSSE

at the Adirondack Sports Complex

**January 15 - March 11, 2012**

(Every Sunday except Feb. 5 & Feb. 19)



### DIVISIONS

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

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

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

### COST

\$225/player

**All players must be a US Lacrosse member ([www.uslacrosse.com](http://www.uslacrosse.com))**

**All players must be an Adirondack Sports Complex member ([www.adksc.com](http://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 and face-offs. Three of the seven weeks, Rogue will introduce Speed & Agility training to improve movement patterns and overall athleticism of the players.

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](http://www.roguelacrosse.com)

**Contact Information:** [info@roguelacrosse.com](mailto:info@roguelacrosse.com)  
[info@adksc.com](mailto:info@adksc.com)



Learn  
from the best!  
Separate yourself  
from the rest!

## ROGUE LACROSSE COACHING STAFF

Rogue is run and operated by professional lacrosse players and college coaches.

**Joshua Porcell** - UMBC, Boston Cannons

**Kyle Hartzell** - Salisbury, Washington Stealth,  
Team USA

**John Svec** - Loyola, Siena Head Coach

**Dan McKeon** - Albany, Siena Asst. Coach

**Drew Kelleher** - Vermont, Siena Asst. Coach

**Mike McDonald** - Le Moyne, Boston Cannons

**Ryan Hotaling** - Nazareth, Colorado Mammoth,  
Team USA Indoor

**Jon Warner** - Bucknell, Saratoga Springs Head Coach

**Aidan Howley** - UMASS, Speed & Agility

[www.roguelacrosse.com](http://www.roguelacrosse.com)

