

ROGUE **R** LACROSSE

SEPARATE YOURSELF FROM THE REST

GIRLS LACROSSE - WINTER BALL - SKILLS SESSION 2

at the Adirondack Sports Complex

January 15 - March 11, 2012

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



DIVISIONS

Grades 4-7 (Junior Division)

Grades 8-12 (Senior Division)

5:30pm-7:00pm

COST

\$200/player

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

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

Each session consists of an hour and a half of skills and team concepts followed by games to allow players to use the skills learned in a game like situation. Players will be drilled in shooting, passing, dodging, offensive and defensive techniques and draws. Three of the eight weeks, Coach Howley 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. Rogue will teach you the skills to separate yourself from the rest!

Register online: www.roguelacrosse.com

Contact Information: info@roguelacrosse.com
info@adksc.com

ROGUE LACROSSE COACHING STAFF

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

Joshua Porcell

UMBC, Ohio Machine,
Jacksonville Bullies,
Rogue Founder

Andrea Duffy

Frostburg State,
Siena College Head Coach

Katie Rowan

Syracuse, UAlbany
Assistant Coach, Team
USA, 3x All-American

Lynne Young

UMass, 3x All-American

Lindsey Svec

Ohio, 2x All-Conference,
Canadian National Team

Nikki Branchini

UAlbany, 2x All-
Conference Player of the
Year, 2x All-American

Elise Britt

Skidmore, Saratoga
Springs Assistant Coach,
All-American

Erin Lloyd

St. Lawrence, Schuylerville
Head Coach, All-American

Aiden Howley

UMass, Speed & Agility, Exercise Physiology,
American College of Sports Medicine



Learn
from the best!
Separate yourself
from the rest!

www.roguelacrosse.com

