

Winter training

Venue - Inman Sports complex 2 Villa drive, Edison (10 minute drive from town)

Description - 1 hour training focused on skill development and situational lacrosse. Practices are run by our High school Coaching staff with our youth Coaches as assistants. Full equipment and sneakers required.

Dates for Boys - Sundays only

12/1/19, 12/8, 12/15

1/5/20, 1/12, 1/19, 1/26

2/9, 2/16, 2/23, 3/1, 3/8

Time slots for Boys-

1pm-2pm - 6th grade boys

2pm-3pm - 2nd, 3rd and 4th grade boys

3pm-4pm - 5th grade boys

4pm-5pm - 7th and 8th grade boys

5pm - 6pm - High School boys

Dates and times for High school Girls -

It's going to be Monday evenings, dates and times will come very shortly

Dates for Youth Girls - Thursdays only

12/5/19, 12/12, 12/19

1/9/20, 1/16, 1/23, 1/30

2/6, 2/13, 2/20, 2/27

Time slots for Girls -

5pm-6pm- - 3rd, 4th and 5th

6pm - 7pm - 6th, 7th and 8th