

141 FALL EXCEL TRAINING

Coaching Staff:

John Christmas

University of Virginia, Boston Cannons, Philadelphia Wings

Ebe Helm

Dukes Lacrosse Club President and Head Coach

Jason Christmas

Dukes Lacrosse Club Defensive Coordinator

Brian Yeager

Strength and Conditioning coach for the Philadelphia Barrage and Founder of Laxspeed.

Players and Parents,

A great opportunity has arisen for 141 LACROSSE this fall. I have joined forces with some of the best lacrosse coaches in Pennsylvania. For all the parents that are unaware of the Dukes Lacrosse Club let me fill you in (www.dukeslacrosse.com). The Dukes Lacrosse Club has generated more than 15 **ALL AMERICANS** and countless **ALL STATE** players in the last 5 years. More importantly it has generated more than \$5 million in scholarship money for its players and has sent them to almost every D1 and D3 school imaginable. These coaches have agreed to offer their services to all players through 141 lacrosse.

Brian Yeager has been my personal strength coach for about a year now and my improvement speaks for itself. I went from playing in 7 games and scoring 6 goals to becoming the second leading scoring on the Cannons and being named the most improved player in the league. Brian specializes in multilateral development and will be running the speed and agility drills during our sessions. There will also be a mini-combine testing our player's linear and lateral speed after which, Brian will be giving analysis of their performance. **STRENGTH AND CONDITIONING MATTERS!!** There's no excuse for a lack of it. Brian currently writes articles for e-lacrosse. (www.laxspeed.net)

Because its the fall and many of you have other commitments we will send out a weekly schedule so that you can let us know when your available and we can come up with the most comprehensive plan. We plan to hold a 4-week training sessions where we would meet once a week for 2 and 1/2 hours. The defensive players will be with Coach Helm and Jason and the offensive players will be with me. The first time we meet will be all drills within your groups, O or D. The weeks following up will involve a build up of 1v1, 2v1, 2v2 etc. At the end of the 2 hours Brian will be talking about conditioning and will put all the players through a series of agility drills.

These sessions were scheduled to lead up to the tryouts for the Dukes team which will be held October 22nd. So this is an opportunity for you to not only train with us but to make an impression on the coach staff. However our number one goal is to get you better and to give you the tools and techniques to continue to be successful.

Starts: Sunday, October 1st with continuing sessions on following Sundays (Four 2 1/2 hour sessions)

Cost: \$50 a session (Four 2 and 1/2 hours)

Where: Will be available shortly

Remember

WE WILL BE 100% COMMITTED TO YOU IF YOU ARE 100% COMMITTED TO YOURSELF.

www.141lacrosse.com