



ELEV8 LACROSSE

2018 GIRLS HYBRID TRAINING

Girls Winter Training participants will be coached in an indoor box lacrosse environment, embracing box lacrosse systems, theory, and strategy while using girls field lacrosse equipment and modified rules in an energetic, structured and competitive setting. This new direction will primarily focus on giving female players the opportunity to develop and cultivate a greater understanding of the sport of lacrosse, while enhancing physical literacy and ultimately demonstrating confidence and experience greater success in both disciplines of the sport. Girls Hybrid training facilitates multi-discipline growth while satisfying elite level developmental needs of today's evolving female student-athlete.

GROUPS: HYBRID GIRLS PeeWee/Bantam/Midget/Jr
(Field Lacrosse Stick Required, contact ELEV8 Lacrosse for details)

ON FLOOR FEE: HYBRID GIRLS - \$1,349.99*
HYBRID GIRLS BOX GOALIES - \$1,199.99*

On-Floor Registration Fees include:
Professional Coaching, Training Shorts, Training T-Shirt, ELEV8 Socks, Practice Pinnie

DRYLAND TRAINING FEE: HYBRID GIRLS - \$299.99*

Dryland Registration Fees Include:
Olympic and Pro Strength Coaches, Olympic Training Facilities, Training T-Shirt

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All Registrants receive Cascade LX Women's Headgear

Gear supplied by ELEV8 Lacrosse, Warrior/New Balance, Under Armour, Cascade

WINTER TRAINING SCHEDULE

Program Duration: December | January | February | March

**Days & times may vary based on NLL schedule and facility availability

**Dates and times are subject to change

*plus GST

NOTE: WHEN REGISTERING FOR WINTER TRAINING, PLEASE ASSIGN PLAYERS TO THE AGE GROUP THAT STUDENT-ATHLETE WILL BE PARTICIPATING IN THEIR 2018 BOX LACROSSE SEASON.

For more information please email info@elev8lacrosse.com or call 403.479.4307

VISIT **ELEV8 LACROSSE**.com TO REGISTER   