

MEN'S LACROSSE COLLEGE PREP

SUMMER 2020

Designed for graduating seniors and current college players, Men's Lacrosse College Prep is an all encompassing program designed to train you hard and prepare you to perform your best.

PREPARE YOURSELF PHYSICALLY & MENTALLY

SPEED WORK
STRENGTH TRAINING

SKILL WORK
CONDITIONING & MORE

JUNE 8TH - AUGUST 14TH

MONDAY | WEDNESDAY | FRIDAY

3x90 minute training sessions per week at Healthy Baller paired with 3x60 minute shooting sessions run by Next Level Lacrosse coaches at The Heights

Training Session #1
10-11:30am

Shooting Session
11:45am-12:45pm

Training Session #2
1-2:30pm

FULL SUMMER \$1,000

DROP IN \$40