



DIAMOND H
LACROSSE

BOX LACROSSE

WEEKLY CAMP SESSIONS
OCTOBER - MARCH 2017

HIGH END OFF SEASON BOX LACROSSE
COACHING AT AN AFFORDABLE PRICE

TRAINING INCLUDES:

- ◆ WEEKLY CAMP SESSIONS
- ◆ ELITE COACHING
- ◆ GOALIE COACHING
- ◆ 3 HOURS ON FLOOR / WEEK
- ◆ 1 HOUR DRYLAND / WEEK
- ◆ DIAMOND H GEAR PACKAGE
- ◆ NUTRITION SEMINARS
- ◆ PSYCHOLOGIST FOR MENTAL PREPARATION

DIAMOND H BOX CAMPS ARE DESIGNED TO CREATE A LEARNING ATMOSPHERE WHERE A PLAYER CAN ADVANCE THEIR LACROSSE SKILL SET WHILE GAINING CONFIDENCE. CAMPS ARE OPEN REGISTRATION FOR NOVICE TO MIDGET. TRAINING RUNS WEEKLY PROVIDING A HIGH LEVEL OF PERSONAL ATTENTION FROM HIGHLY TRAINED COACHES.

DIAMOND H STARZ IS A PROGRESSION FROM SKILZ FOR RETURNING DIAMOND H ATHLETES FROM PEEWEE THROUGH MIDGET.

DIAMOND H LACROSSE IS DEVELOPING TEAMS OF WELL-ROUNDED ATHLETES WHO HAVE A DESIRE FOR ACADEMIC EXCELLENCE, COMMUNITY INVOLVEMENT, LACROSSE SKILL, TEAM CONCEPTS, CONDITIONING AND NUTRITION.

REGISTER ONLINE

www.DHLAX.com