

ELEV8



LACROSSE

2018 ELEV8 WINTER TRAINING

This elite level training environment is for committed lacrosse players and student-athletes who are motivated to continue their personal development.



PROGRAM DURATION DECEMBER JANUARY FEBRUARY MARCH

ON-FLOOR REGISTRATION FEE:*

NOVICE - \$549.99 + GST

PEE WEE, BANTAM, MIDGET, HYBRID GIRLS,
RISING JR/JR ELITE
\$1,349.99 + GST

ALL GOALIES - PEE WEE, BANTAM, MIDGET, RISING JR
\$1,199.99 + GST



DRYLAND TRAINING (24 Sessions):**

PEE WEE, BANTAM, MIDGET, HYBRID GIRLS
RISING JR/JR ELITE
\$299.99

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

TIME

Schedule Still Being Developed
Days & times may vary based on NLL schedule (Coaching Availability)
and facility availability

*On-Floor Registration Fees include:

Current/Former NLL Players, Professional ELEV8
Coaching Staff, Northland Lacrosse Shaft, (\$160 value)
Training Shorts, Training T-Shirt, ELEV8 Socks

ELEV8 Lacrosse Winter Training is a focused, four-month program, providing the highest level of indoor lacrosse instruction and Dryland training in North America. The goal of the program is to maximize skill development, character development, and establish goal setting practices in an effort to best prepare male and female lacrosse players to make the jump to the next level; ultimately becoming better athletes, competitors, and citizens.



NORTHLAND
LACROSSE



Gear supplied by ELEV8 Lacrosse,
Northland Lacrosse, New Balance/Warrior

Optional Dryland programming is administered by WinSport strength coaches utilizing program direction from the Canadian Sport Institute and Olympic Strength Coaches and program directors. Student-athletes are challenged to learn, develop, and grow under the most diverse strength coaching model in the best training facility in Canada. Each Dryland group will train two days per week in a very focused and intense training environment. This environment will focus on developing elite level training habits, a commitment to athletic development, mechanical development, and athletic training accountability. All sessions will take place in the most technologically advanced training environment in Canada with Olympic level guidance, instruction, and leadership.

WHEN REGISTERING FOR WINTER TRAINING, PLEASE REGISTER PLAYERS TO AGE GROUP THEY WILL BE PARTICIPATING IN DURING 2018 BOX LACROSSE SEASON.

LOCATIONS

Calgary Soccer Centre
7000 - 48th Street SE

Winsport
88 Canada Olympic Road SW

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

VISIT ELEV8LACROSSE.com TO REGISTER

