

SCHOOL OF LAX – SPRING 2020 LACROSSE TRAINING PROGRAM

COV-ID blues got you down? Missing your lacrosse season? Need some motivation to get off your butt and get moving? **School of Lax** has just what you're looking for. This program was designed to help young lacrosse athletes who have lost their season and aren't sure what to do.

PROGRAM DETAILS:

For: All lacrosse athletes that would be playing in U12 (pee wee) or higher this year.

*if younger and have some interest, contact: colin.risi@gmail.com

Starts: Monday, May 11, 2020 *option to start on May 18 (will not affect programming)

Duration: 5 Weeks

Location: This course takes place 100% online. We have a web-based community as our platform. **Activities will be suggested that may lead athletes out of the house. **

Cost: \$99(all in price, no additional admin fees, taxes, etc.)

*if the current situation makes this a challenge, please contact colin.risi@gmail.com

Includes:

- training program with daily tasks and exercises for Monday to Friday of each week
- opportunity for program specialization depending on needs and/or equipment
- opportunity for direct feedback on skills and drills (athletes can submit videos, questions, etc. for coach to answer)
 - *unlike other programs, there are no additional fees for this service
- goal setting and achieving support
- community
 - online, private community
 - ability to connect with coach anytime throughout the program
 - ability to connect with other athletes in the program

TO REGISTER:

- 1) If you are interested in registering for this program, or have any further questions, please email Colin: colin.risi@gmail.com. *You may send in your Acknowledgement of Risk (AoR) form here to save time, if you have access.
- 2) Colin will send you a small information package, AoR form, and payment instructions.
- 3) Upon submission of payment and AoR form, Colin will send you further registration information.

Payments will be accepted as email transfers. Please contact Colin first. If necessary, alternate arrangements of payment can be made.

I look forward to working with you this Spring!

Coach Colin

colin.risi@gmail.com

Head Coach, School of Lax

(see additional details on the program and on the coach, Colin Risi, on next page)

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Welcome to School of Lax! School of Lax will be launching our first ever semester, this spring, starting on May 11 (with option to start on May 18). We will be offering a 5-week course, designed to get athletes back out moving and working on their sticks while the season is on hold.

By signing up for our Spring course, athletes will receive a training program to keep them busy each day of the week. The training program will be focussed on sport specific strength and conditioning, stick skills and some mental training as well. Please note that there are not specific class times, as the program is designed to be able to fit into each families' respective schedules. Each day, student athletes will be provided with tasks, workouts, drills and/or instructions. It will be up to the athlete to complete these on their own.

This program is more than just a list of tasks and drills to complete. When athletes register, they are asked to include 2 goals so their coaches can follow up on their progress. By enrolling in our Spring 2020 course, athletes will be provided with a community of support. Athletes are encouraged to reach out to their coach to ask questions or advice. They will be provided with specialized workouts and alternate exercises and options depending on their needs or access to equipment. Athletes are welcome to send in videos or pictures to get feedback on how to improve. And, that's all included in the one-time price!

Our program is being run by Colin Risi. Colin comes equipped with loads of playing and coaching experience. A member of the inaugural Calgary Jr. A Mounties, Colin served as an alternate captain. After graduating from Jr. A, Colin was part of the Jr. B Mountaineers coaching staff that won 7 straight provincial titles as well as the Founder's Cup, Canada's Jr. B National Championship. Since then, Colin has been the head coach of various Midget A teams, Calgary select teams and is a two-time head coach of Team Alberta U16. Further to this, Colin has several years of experience as a personal trainer and strength and conditioning coach. Currently, when Colin isn't working as a school teacher, he serves as the coaching director for Alberta's largest box lacrosse club, the Calgary Axemen. Colin is very proud to state that many of his athletes have gone on to further careers in the sport, including 2 current NLL players and a handful of others who have been drafted to the NLL and other sports.

SCHOOL OF LAX

School is Important, But Lacrosse is Importanter