

Celtic Lacrosse Boy's Winter indoor Developmental Training

www.celticlacrossenj.com

Hello all lacrosse parents,

My name is Patrick Crann, the founder of Celtic Lacrosse Training, a lacrosse training school for boys and girls, grades 3rd through 12th. I am writing you to update you on our plans for the upcoming winter Season.

I will be conducting small group developmental training for Boy's High School and youth Lacrosse players. My ideal number is a group of 8-12.

This is a Pre-Season Preparatory class that will consist of agility training, stick work, dodging, shooting, and defensive principles. More importantly, it will simulate H.S. practice sessions and keep stick work crisp for pre-season tryouts.

This class is for the serious lacrosse athlete that is willing to put in the work and rep out the fundamentals.

These are some of the skills and concepts that will be covered:

1. Stick Skills – mastering stick skills by using cutting edge techniques.
2. The art of 1v1 dodging, and 2v2. Building from basic to the most cutting edge techniques used for 1v1 dodging and 2v2's.
3. Build up to 3v3, 4v4's emphasis on team play – making quick decisions in a close quarter environment. Sharpening skills by playing basket ball/box lacrosse.
4. Team defensive concepts – The art of sliding effectively. Making smart decisions through repetitions.

Celtic Lacrosse Training:

My goal is to apply basic principles behind my lacrosse training school, and to maximize each players individual potential. To get the boys playing at the highest level they are capable of.

I am a State certified coach and I hold a NJ state certificate to do so. I am registered in Essex, Union and Morris County. I have coached from youth to the High School level for over the past 15 years. I have posted winning records, have built, turned around, and significantly strengthened programs (Livingston, Seton Hall Prep) and have coached teams to the NJ state championship tournaments. (Seton Hall, Delbarton, and Summit).

Methodology – I approach the game through hard work, repetitions and analysis of player's strengths and weaknesses.

Lacrosse is growing rapidly and the pool of great NJ High School athletes is getting stronger by the year. Please take advantage of the sessions offered to fine tune Lacrosse skills and learn how to play at the highest level.

www.celticlacrossenj.com

Information

Dates: - December 12th, 19th, January 2nd, 9th, 16th, 23rd, 30th, February 6th - the sessions will be 1 hour and 30 minutes.

10:30am – 12pm - Advanced High School boys’.

10:30am – 12pm - 7th/8th Advanced Class

* May add additional classes due to limited enrollment per class.

* More classes are forming times TBD

Location: Inman Sports Club, 990 Inman Ave., Edison NJ 08820

Cost: \$420.00

Please make checks out to Patrick Crann and send it along with the filled out application and waiver to: 314 First St., Westfield, NJ 07090 - Due December 1st

Policies:

Equipment: All boys are expected to come to each session with the appropriate equipment or they will not be allowed to participate.

Equipment: Stick, mouth piece, helmet, shoulder pads, arm pads, gloves, appropriate footwear- (basketball sneakers or turf shoes) everything a fully equipped boy’s Lacrosse player needs. Water and drinks will be available at the USA.

Waiver: All waivers must be completed and signed before sessions begin.

Application and Emergency Info: Must be signed and completed before classes begin.

Refund Policy: Payment is due at the time of registration. Refunds will be issued only if the class is cancelled due to insufficient registration. If class is canceled due to in climate weather, a class credit will be issued.

Pro-Rating Policy: Classes will not be pro-rated – an equal payment policy must be consistent for all parties involved.

www.celticlacrossenj.com

Application:

Student's Name: _____ School they attend _____

Address: _____ City: _____ State: _____

Zip: _____ Phone: _____

Age: _____ Grade: _____ DOB: ____/____/____ Position(s): _____

Parent's Email Address _____

How did you hear about Celtic Lacrosse? _____

Are you interested in 1v1 private instruction? Yes _____ No _____

All participants should be members of US Lacrosse. *All youth players must be registered with US Lacrosse. US Lacrosse # _____

Emergency Contact Information: In the event of an emergency please contact:

Name: _____ Phone: _____

Relationship to participant: _____

Please list any existing medical conditions, allergies and or medication participant currently has:

www.celticlacrossenj.com

