

Celtic Lacrosse Girl'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 Governor Livingston, High School Girls Lacrosse players. I will be working on the overall fundamentals of the Girl's game.

The following skills and concepts will be covered:

1. Stick Skills – mastering stick skills by using cutting edge techniques.
2. The art of 1v1 dodging, and 2v2 (two girl game). 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 confined environment. Sharpening skills by playing basket ball lacrosse.
4. Team defensive concepts – The art of sliding effectively. Making smart decisions through repetitions.

Celtic Lacrosse Training:

My goal is to get a balanced mix of high level players in the area that are SERIOUS about training as a High School player. The basic principle behind my lacrosse training school is to maximize each players individual potential, and get them playing lacrosse 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 Counties. I have coached from youth to the High School level for over the past decade plus.

Girl's Coaching Experience:

- Krakow Knights, (women's club) Krakow, Poland (August 2009)- Conducted clinics and consult for newly established club.
- Madison Girls youth program clinics – 5/6th, 7/8th grade, 2009
- Westfield Girls youth program – trainer –coach 7th/8th grade, 2008
- Millburn Girl's clinics Youth/ High School – 2007
- English Lacrosse Association-(Local Development Officer) London England. Consulted and coached Croydon Lacrosse Club. English National Team U-19.
- I actually played mixed lacrosse (with a girl's Stick) for Croydon Lacrosse Club.
- Directed, coached clinics for Leading Edge (now T3).
- Directed and coached numerous small group developmental sessions in NJ.

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My method is simple – 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.

Information

Dates: - January 10th, 17th, 24th, 31st, February 7th, 14th, 21st, 28th- 3pm-4pm- Advanced High School Girls. (Governor Livingston Varsity)

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

Cost: \$300.00 dollars per player. All payments are due before or December 10th, 2009

Please make checks out to Patrick Crann and send it along with the filled out application and waiver to: First Street, Westfield, NJ 07090

Policies:

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

Equipment: **Stick, mouth piece, eye protection and appropriate footwear. Everything a fully equipped girl's Lacrosse player needs. Water and drinks will be available at Inman Sports Club.**

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.

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Application:

Student's Name: _____ School they attend _____

Address: _____ City: _____ State: _____

Zip: _____ Phone: _____

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

Parent 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 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:



