

# LAX ACADEMY

“Get the Edge on the Competition”

**When: January 8- February 28**

**Mon/Wed**



## Training Breakdown

6:30pm-8:30pm—

2 hour breakdown consists of lacrosse specific speed/agility, strength, lax I.Q. white board, and fast tempo skill development transitional drills

## Areas of Focus

- Progression through fundamental drills, skill development, and positional play
- Overall strength to improve power and balance
- Improved hand speed for stick handling
- First step power and coordination
- Improved rotational core strength and stabilization for power transfer when shooting
- Speed, endurance, and stamina for reduction of fatigue

**Academy Staff**

**Dominick Flora**

Master Sports Performance Specialist

**Ben Sandlin**

Former Defensive Coordinator at  
Salisbury University (2009-2021)

2008 1st Team All American

7x National Champion

**Nick Garbarino**

Assistant Coach at Salisbury University

4x National Champion

## COST

**\$550 check or credit card**

**\$500 cash**

**\*This academy will be cut off at the first 20 athletes. Academy has sold out 11 consecutive years!**

**\*\*To enroll contact Dominick Flora\*\***

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