

2011 Skill Development Class Schedule Updated 2/15/12

Monday	
4:00pm-5:00pm	U9/U11-Offensive & Defensive Skill Development
5:00pm-6:00pm	U13/U15 Boys-Offensive & Defensive Skill Development
6:00pm-7:00pm	HS Boys-Becoming an Elite Defender
7:00pm-8:00pm	HS-Lacrosse Athlete Strength Training (LAST)
8:00pm-9:00pm	HS Boys -Advanced Offensive Techniques
9:00pm-10:00pm	All Ages Boys-Faceoff Club
Tuesday	
5:00pm-6:00pm	U9/U11- Girls Offensive & Defensive Skill Development
6:00pm-7:00pm	U13/U15 Girls-Offensive & Defensive Skill Development
7:00pm-8:00pm	HS Girls-Offensive & Defensive Skill Development
8:00pm-9:00pm	HS-Lacrosse Athlete Strength Training (LAST)
Wednesday	
5:00pm-6:00pm	U9/U11-Offensive & Defensive Skill Development
6:00pm-7:00pm	All Ages-Next Step Goalie Instruction
7:00pm-8:00pm	All Ages-Lacrosse Athlete Strength Training
8:00pm-9:00pm	HS Boys-Becoming an Elite Defender
9:00pm-10:00pm	HS Boys-Advanced Offensive Techniques

Thursday	
5:00pm-6:00pm	U13/U15 Boys-Offensive & Defensive Skill Development
6:00pm-7:00pm	U13/U15 Girls-Offensive & Defensive Skill Development
7:00pm-8:00pm	High School Girls-Offensive & Defensive Skill Development
8:00pm-9:00pm	All Ages-Lacrosse Athlete Strength Training
9:00pm-10:00pm	HS Boys-Offensive & Defensive Skill Development
Friday	
Check for special events including: College Film Review, Stick Stringing Classes, and Social Events	
Saturday	
10:00am-11:00am	Youth Boys-Offensive & Defensive Skill Development
11:00am-12:00pm	All Ages Boys-Faceoff Club
12:00pm-1:00pm	HS Boys-Offensive & Defensive Skill Development
1:00pm-2:00pm	HS Boys-Defensive Skill Development
2:00pm-3:00pm	All Ages-Lacrosse Athlete Strength Training
3:00pm-4:00pm	All Ages-Goalie Instruction
Sunday	
12:00pm-1:00pm	U9/U11- Girls Offensive & Defensive Skill Development
1:00pm-2:00pm	U13/U15 Girls-Offensive & Defensive Skill Development
2:00pm-3:00pm	High School Girls-Offensive & Defensive Skill Development



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