Exciting 2-Day Clinic

Saturday, February 29, 2020
9am–11am

SJRCS COACHES LAX CLINIC

Open to Boys and Girls all ages of SJRCS. Come take advantage of specialized time with our coaches focusing on:

- Stick Skills
- Field Communication
- Offensive Plays
- Defensive Maneuvers

2 days: $60
1 day: $40

Register by 2/23 at st.john.lacrosse@gmail.com
Pay day of clinic

Sunday, March 1, 2020
2pm-4pm

YOUTH STRENGTH & AGILITY CLINIC W/ COACH PLEZ

Join one of the top-rated Personal Trainers in MD, grounded in the core values of:

- Movement Science
- Functional Fitness
- Fundamentals of Strength Training
- Cardiovascular & Performance training

FB: @CoachedByPlez
IG: @coachplez

Open to Boys & Girls of any sport and age group at SJRCS & SJCP