

# **WILDCAT YOUTH LACROSSE WINTER SKILLS TRAINING INVITE k-3<sup>rd</sup>**

***(January-February)***

I am very excited to begin another year of SWR youth winter lacrosse training. We will continue to focus on skills development and fundamentals. I believe these changes will help me introduce the game of lacrosse to the next generation of SWR athletes. In order to ensure the focus of our program is on fundamentals and player development, *the varsity coaching staff* and players will run all of the youth practices and coach all of our youth teams. Our staff will focus on lacrosse fundamentals, lacrosse I.Q. development and building a passion for lacrosse through a positive environment. The cost for the winter program will be **\$75 for k-3<sup>rd</sup>**. Please make payment on WAC site ASAP. There will be a 10% family discount.

If you have any questions or concerns, please contact me directly.  
[MTaylorSWRcoach@Gmail.com](mailto:MTaylorSWRcoach@Gmail.com).

Coach Taylor  
"Go Wildcats!"

## **2018 Winter training schedule**

**Thursday skills training at Prodell middle School-Grades k-4<sup>th</sup>**  
***-please bring sneakers for training.***

| <b><u>DATE</u></b> | <b><u>6:30-7:30pm</u></b> | <b><u>7:30-8:30pm</u></b> |
|--------------------|---------------------------|---------------------------|
| <b>11-Jan</b>      | <b>k-1st</b>              | <b>2-3<sup>rd</sup></b>   |
| <b>18-Jan</b>      | <b>k-1st</b>              | <b>2-3<sup>rd</sup></b>   |
| <b>25-Jan</b>      | <b>k-1st</b>              | <b>2-3<sup>rd</sup></b>   |
| <b>1-Feb</b>       | <b>k-1st</b>              | <b>2-3<sup>rd</sup></b>   |
| <b>8-Feb</b>       | <b>k-1st</b>              | <b>2-3<sup>rd</sup></b>   |
| <b>15-Feb</b>      | <b>k-1st</b>              | <b>2-3<sup>rd</sup></b>   |

## **Additional Information:**

- Players need sneakers for gym floor
- All trainings will be non-contact, sticks, helmets and gloves are required.
- We have some extra sticks that can be borrowed if needed.

Please contact me directly if you have any questions  
[mtaylorswrcoach@gmail.com](mailto:mtaylorswrcoach@gmail.com)