

# WILDCAT WINTER TRAINING INVITE

**4<sup>th</sup> -12<sup>th</sup>**

**(JANUARY-MARCH)**

I've finalized the winter training program. We are going to do 9 indoor box lacrosse sessions at All Star arena in Coram. Each session will be 60 minutes long. High school athletes will receive an additional 9 outdoor field practices when weather permits. These outdoor practices will be 120 minutes in length, again depending on weather conditions. I've kept the athletes grouped as follows: 4<sup>th</sup>- 6<sup>th</sup>, 7<sup>th</sup>- 9<sup>th</sup>, 10<sup>th</sup>- 12<sup>th</sup>. The cost for the winter program will be...

\$150 for 4<sup>th</sup>- 8<sup>th</sup>

\$200 for grades 9<sup>th</sup>-12<sup>th</sup> (conditioning program included).

Please make payment on WAC site ASAP. There will be a 10% family discount.

High school athletes (9<sup>th</sup>-12<sup>th</sup>) will also participate in preseason conditioning program. This will take place at the high school. Weather permitting, we will use turf. Athletes are asked to always bring equipment to these events. If weather is good, we will have skills practice. Obviously athletes need to dress appropriately for these practices. When weather conditions are not conducive we will be indoors.

Please understand that if participation doesn't allow us to train as I've proposed, I will make the necessary changes to enable those who want to participate. Looking for 100% commitment. Participation is not mandatory however highly encouraged.

If you have any questions or concerns, please contact me directly.

[MTaylorSWRcoach@Gmail.com](mailto:MTaylorSWRcoach@Gmail.com).

Coach Taylor  
"Go Wildcats!"



# WILDCAT WINTER TRAINING INVITE

**4<sup>th</sup> - 12<sup>th</sup>**  
**(JANUARY-MARCH)**

## COMPLETE WINTER TRAINING SCHEDULE

### Sunday box Schedule-Grades 4<sup>th</sup>-12<sup>th</sup>

*- please bring sneakers for box training*

*-All Star indoor 635 Middle Country Rd, Selden, NY 11784*

<u>DATE</u>	<u>4:00 - 5:00pm</u>	<u>5:00 - 6:00pm</u>	<u>6:00 - 7:00pm</u>
7-Jan	4 <sup>th</sup> - 6 <sup>th</sup>	7 <sup>th</sup> - 9 <sup>th</sup>	10 <sup>th</sup> - 12 <sup>th</sup>
14-Jan	4 <sup>th</sup> - 6 <sup>th</sup>	7 <sup>th</sup> - 9 <sup>th</sup>	10 <sup>th</sup> - 12 <sup>th</sup>
21-Jan	4 <sup>th</sup> - 6 <sup>th</sup>	7 <sup>th</sup> - 9 <sup>th</sup>	10 <sup>th</sup> - 12 <sup>th</sup>
28-Jan	4 <sup>th</sup> - 6 <sup>th</sup>	7 <sup>th</sup> - 9 <sup>th</sup>	10 <sup>th</sup> - 12 <sup>th</sup>
4-Feb	4 <sup>th</sup> - 6 <sup>th</sup>	7 <sup>th</sup> - 9 <sup>th</sup>	10 <sup>th</sup> - 12 <sup>th</sup>
11-Feb	4 <sup>th</sup> - 6 <sup>th</sup>	7 <sup>th</sup> - 9 <sup>th</sup>	10 <sup>th</sup> - 12 <sup>th</sup>
26-Feb	4 <sup>th</sup> - 6 <sup>th</sup>	7 <sup>th</sup> - 9 <sup>th</sup>	10 <sup>th</sup> - 12 <sup>th</sup>
4-Mar	4 <sup>th</sup> - 6 <sup>th</sup>	7 <sup>th</sup> - 9 <sup>th</sup>	10 <sup>th</sup> - 12 <sup>th</sup>
11-Mar	4 <sup>th</sup> - 6 <sup>th</sup>	7 <sup>th</sup> - 9 <sup>th</sup>	10 <sup>th</sup> - 12 <sup>th</sup>

### High School Sunday field training -Grades 9<sup>th</sup>-12<sup>th</sup>

*-This training is for 9<sup>th</sup>-12<sup>th</sup> grade athletes only unless you have been invited by coach Taylor.*

<u>DATE</u>	<u>TIME</u>
7-Jan	10:00am - 1200pm
14-Jan	10:00am - 1200pm
21-Jan	10:00am - 1200pm
28-Jan	10:00am - 1200pm
4-Feb	10:00am - 1200pm
11-Feb	10:00am - 1200pm
25-Feb	10:00am - 1200pm
4-Mar	10:00am - 1200pm
11-Mar	10:00am - 1200pm

### High school winter conditioning- Tuesday, Thursday, and Fridays at high school

*-This training is for 9<sup>th</sup>-12<sup>th</sup> grade athletes only unless you have been invited by coach Taylor.*

*-Please bring lacrosse equipment to these trainings as well*

*-IF WEATHER PERMITS WE WILL BE ON TURF, if weather conditions are poor we will be indoors.*

<u>Tuesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Time</u>
2-Jan	4-Jan	5-Jan	3:00pm-4:30pm
9-Jan	11-Jan	12-Jan	3:00pm-4:30pm
16-Jan	18-Jan	19-Jan	3:00pm-4:30pm
23-Jan	25-Jan	26-Jan	3:00pm-4:30pm
30-Jan	1-Feb	2-Feb	3:00pm-4:30pm
6-Feb	8-Feb	9-Feb	3:00pm-4:30pm
13-Feb	15-Feb	Break	3:00pm-4:30pm
27-Feb	1-Mar	2-Mar	3:00pm-4:30pm