

LACROSSE PROGRAM

Player's Name _____

Female Male Player's Birth Date _____

Phone _____

Street Address _____ Apt. _____

City _____ St _____ Zip _____

Parent's Name _____

Daytime/Cell Phone _____

E-mail _____

Player's Grade _____ School _____

Yrs. of Lacrosse _____ Position(s) _____

AAU team (if any) _____

Please check the program that your child will attend:

LACROSSE ACCELERATION & SKILLS, 10 WEEKS

Begins January 6, 2009 • Tuesdays 6pm & Saturdays 2pm • Cost: \$1,200

PAYMENT SCHEDULE

Full payment must be received by the program's start-date. The number of spaces is limited and registration is on a first-come, first-serve basis. Full refunds are available up to two weeks prior to the first day of the program. After that day, no refunds will be given.

Total Registration \$ _____



PAYMENT METHOD

Amex Discover MasterCard Visa Cash Check

Credit Card Number _____

Expiration Date _____

Waiver and Release

Acknowledging that participation in athletics carries with it a risk of physical injury, I agree that Chelsea Piers, L.P., its agents and employees shall not be liable to me or my child for any injury or damage, howsoever caused, resulting directly or indirectly from my child's participation in the Chelsea Piers programs at any time preceding, during or after the program is in session and I hereby discharge Chelsea Piers, L.P., its agents and employees from all actions, claims, and demands I or my child may have for any such injury or damage. I authorize that Chelsea Piers, L.P. has the right to use all photographs or videos taken of my child for advertising or promotional purposes.

Parent or
Guardian
Signature _____

Date _____

Send application with tuition to:

Chelsea Piers BlueStreak • Pier 60 • New York, NY 10011

or FAX to: 212.336.6118

a proud member of the
ATHLETIC REPUBLIC

CHELSEA PIERS® BLUESTREAK™

Chelsea Piers - Pier 60 • New York, NY 10011
www.chelseapiers.com/bluestreak

lacrosse pre-season
winter training
JANUARY 6 - MARCH 14, 2009

CHELSEA PIERS®
BLUESTREAK™

SPORTS TRAINING

Take your
sport to the
next level.

212.336.6123

chelseapiers.com/bluestreak



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lacrosse pre-season winter training
JANUARY 6 - MARCH 14, 2009

at **BLUESTREAK™**

Chelsea Piers BlueStreak, Manhattan's premier training facility, offers a cutting-edge lacrosse training program. The lacrosse program is designed to provide elite skills training and conditioning in a fun, challenging and supportive environment where players are encouraged to take their game to the next level.

Objectives

- Improve sprinting biomechanics
- Increase explosive power
- Increase stride length/stride frequency
- Increase maximum sprint speed
- Increase anaerobic tolerance
- Improve ball handling, shooting and game skills
- Enhance posture/body positioning
- Improve overall strength to reduce the risk of joint and tendon injuries

For information on our sports programs, please contact us today.

212.336.6123

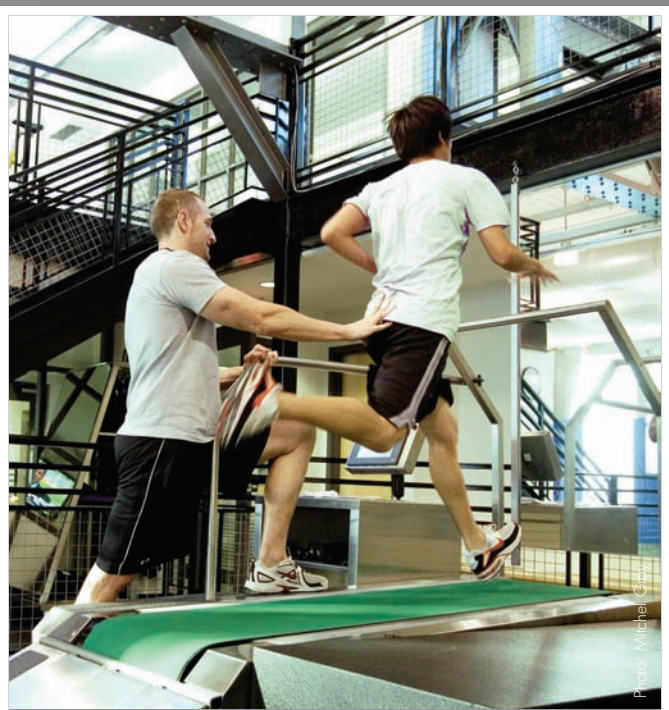
www.chelseapiers.com/bluestreak

BLUESTREAK™

Stamford, Connecticut 203.969.BLUE

Other Locations:

Hauppauge, New York 631.232.BLUE



■ **Curriculum**

Lacrosse players work in groups with experienced, high-level coaches. Low player-to-coach ratios ensure players receive individual attention to achieve peak conditioning and skills development. Players are grouped according to age and/or ability. Players focus on advanced skills development in shooting, passing, cradling and catching. Sessions also include offensive and defensive drills. All athletes receive quality BlueStreak training individualized to fit their conditioning needs.

■ **Staff**

A professional Athletic Republic-certified BlueStreak coaching staff delivers the program. Additionally, Syracuse University 2-time National Champion, 5-year Major Lacrosse League player and Fieldston Varsity Lacrosse Coach Spencer Wright often assists in the skills stations. Working in small groups, dedicated lacrosse athletes improve their speed, conditioning, running mechanics, agility and coordination skills.

■ **Benefits of Acceleration & Skills Training**

ACCELERATION

High-intensity sprinting sequences on Generation III Super Treadmills improve speed for faster and more efficient movement on the field.

PLYOMETRICS

Players perform specific plyometric drills for increased coordination, explosive power, vertical jump height, lateral power and rotation, and landing strength.

CORE STABILIZATION

Functional exercises focus on spinal stabilization and increase the ability to read and respond to changing conditions during games.

STRENGTH

Lacrosse players need incredible upper body strength to throw farther, defend better and catch more easily. Players utilize bodyweight, free weights, medicine balls and circuits on state-of-the-art FreeMotion machines to strengthen muscles, joints and connective tissues.

