



BigTime Lacrosse Training Camps!

What: Training for Lacrosse! Program consists of lacrosse specific weight training, core training, speed training, vertical jump training. Increase your speed Get the most out of your athletic ability, be the best athlete you can so you can be the best lacrosse player possible!

Where: BigTime Athletic Development training facility.
Go to www.bigtimeathleticdevelopment.com for directions (go to “Contact Us”).

Who:

Any lacrosse athlete and or their team. Girls, boys all ages 11 and above.

When: We have team times everyday must set up in advance.
Other sessions can be arranged anytime after school if team times can't be met.



Cost for training.

30 kids+: \$100/month for 2 x week. Team and individual sessions can be arranged. **\$90/month if prepay 3 mths!**

25-29 kids: \$125/month for 2 x week. Team and individual sessions can be arranged. **\$100/month if prepay 3 mths!**

20-24 kids:= \$135/month for 2 x week. Team and individual sessions can be arranged. **\$110 if prepay 3 mths!**

15-19 kids: = \$145/month for 2 x week. Team and individual sessions can be arranged. **\$120/mth if prepay 3 mths!**

10-14 kids:= \$155/month for 2 x week. Team and individual sessions can be arranged. **\$140 if prepay 3 mths!**

5-9 kids:= \$165/ month for 2 x week. Team and individual sessions can be arranged. **\$150/month if prepay 3 mths!**

1-4 kids: = \$200/mth for 2 x week. Team and individual sessions can be arranged. **\$185/mth if prepay 3 mths!**

3 x week and 5 x week programs also available –call for more details!

You can train with your team or on your own!

*Contact Brian Blackwell for information on this training camp
or any other training offered by BigTime Athletic Development : bigtimead@msn.com or (303) 517-5855*