



Acceleration North Lacrosse Program with SEAN POLLOCK from the MINNESOTA SWARM

Acceleration North is offering 3 one month camps this winter for all levels of player. 8 hours are with Sean Pollock in our field turf area working on Lacrosse skills and the other 8 sessions focus on speed, conditioning, and agility with the Acceleration North staff.

Camp Dates: ***January 5th – 29th***
February 2nd – 26th ELITE TIMES AVAILABLE
March 2nd – 26th

Skill session days: ***Mondays and Thursdays***

Skill session times: ***4pm – 5pm (Girls)*** ***5pm – 6pm (Boys)***
6pm – 7pm (Girls) ***7pm – 8pm (Boys)***

Sessions Include: ***8 skill sessions with SEAN POLLOCK***
8 Speed and agility sessions

Scheduling: ***Choose your skill session time and gender from above options. NO MAKE UPS ALLOWED!***

SPEED SESSIONS are scheduled separately during the week. Schedule 1 or 2 speed and agility sessions until the 8 sessions are completed. Sessions must be completed in 8 weeks or they are forfeited.

Cost: ***\$295 per person***

Please bring all your own gear to each skill session. Cleats may be worn in our turf area during the skill sessions.

Wear work out clothing and a good pair of tennis shoes to each speed and agility session.

Please call (651) 486-0020 with any questions on this program or check out www.accelerationmn.com for facility information.

