



## HS GIRLS LAX PREP WORKOUT

### 3 WEEK WORKOUT TO GET READY FOR LACROSSE TRYOUTS!

Athletic Evolution, **AE**, in conjunction with NIKE SPARQ Training, is offering a unique speed, agility and conditioning program for high school athletes looking to get in shape for the upcoming spring season. Don't let the downtime between your winter and spring sports get you out of shape – take advantage of AE's Spring Prep Workouts and enter tryouts in midseason form!

- ✔ **AE** expert trainers lead participants in the latest speed and agility training drills – NIKE SPARQ Training – to increase foot speed, agility, flexibility and conditioning
- ✔ Utilize other parts of **AE**'s facility – including 30 minutes on the turf field to hone in on your lacrosse skills

Why sit around for three weeks waiting for tryouts? Take advantage of this one of a kind opportunity to get a leg up on the competition and enter tryouts a step above everyone else! Through **AE**'s use of the groundbreaking SPARQ Training methods, you will give yourself the best chance possible to make a great impression with your coaches.

<b>When:</b>	February 22 <sup>nd</sup> – March 13 <sup>th</sup> (3 weeks) Mondays – 5:30-7:00pm Wednesdays – 5:30-7:00pm Fridays – 3:00-4:30pm
<b>Where:</b>	Athletic Evolution 78b Olympia Avenue, Woburn, MA 01801
<b>Cost:</b>	\$175 total for 3 weeks
<b>Participants:</b>	Maximum – 24 athletes

Each 90 minute session will include the following:

- ✔ **60 MINUTES - NIKE SPARQ Training**
  - ✔ Dynamic, explosive, movement-based training → Speed, Power, Agility, Reaction, Quickness
  - ✔ Strength training focused on explosiveness, core strength and flexibility
  - ✔ Specifically designed conditioning exercises to increase endurance and prepare your body for tryouts and the upcoming season
- ✔ **30 MINUTES – LACROSSE SKILLS**
  - ✔ Beginning with basic skills, individual techniques and position specific instruction and followed by team concepts, attack and defense game strategies, small sided games, and competitions.

**Sign Up Now For This Amazing Opportunity!**

For questions & sign ups contact Trina Hable at Athletic Evolution – [\(781\) 935-7701 x.14](tel:(781)935-7701) or [trina@athletic-evolution.com](mailto:trina@athletic-evolution.com)

**Athletic Evolution is the Nike preferred athletic-enhancement training center in New England**



[www.athletic-evolution.com](http://www.athletic-evolution.com)

**SPARQ**  
SPEED POWER AGILITY REACTION QUICKNESS