



## MISSION LAX IN-SEASON WORKOUTS



Athletic Evolution, **AE**, in conjunction with NIKE SPARQ Training, is offering a unique speed, agility and conditioning program to entire lacrosse teams and organizations who want to supplement their spring practices and games. This program will help each player not only prepare for the upcoming season by improving their foot speed, quickness and stamina, but it will also allow them to maintain that great shape throughout the entire season. The program will consist of the following:

- ✓ **AE** expert trainers lead participants in the latest speed and agility training drills – NIKE SPARQ Training – to increase foot speed, flexibility, agility and conditioning to get their legs in shape for the upcoming season
- ✓ Exercises will focus on lateral and linear speed, explosiveness and conditioning to simulate lacrosse movements
- ✓ This will allow coaches to utilize their on-field practices to focus mainly on putting in plays, improving lacrosse skills and teaching the fundamentals of the game

Through **AE's** use of the groundbreaking SPARQ Training methods each player will improve his or her overall athleticism which will ultimately allow them to perform better on the field throughout the season.

- When:** 8 week program → March 29<sup>th</sup> – May 28<sup>th</sup> (week of April school vacation off)  
\* Specific days & times TBD based upon number of sign-ups; players sign up for one specific time slot throughout the 8 weeks
- Where:** Athletic Evolution  
78b Olympia Avenue  
Woburn, MA 01801
- Who:** Minimum of 20 players per group; Maximum of 30 players per group  
- Groups will be based upon similar age groups (5/6<sup>th</sup>, 7/8<sup>th</sup>, high school)
- Cost:** \$80 per athlete – just **\$10 per hour** for expert level instruction!

Each 60 minute session will include the following:

- ✓ **NIKE SPARQ Training**
  - ✓ Dynamic, explosive, movement-based training → Speed, Agility, Explosiveness, Flexibility, Core Strength
  - ✓ Increase in speed, quickness and strength will translate into better performance on the field and in other sports, as well as decreased risk of injury
  - ✓ Lacrosse-specific conditioning exercises to build endurance

For questions please contact your coach or Trina Hable at Athletic Evolution  
[\(781\) 935-7701 x.14](tel:7819357701) 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)

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