



**LNS and Prolaxtraining
Present
Performance Training for Lacrosse Players
March 4 – 7, 2010**

Strength and Endurance is What Builds a Great Lacrosse Player



Sean Holmes is a former NLL player, back-to-back Mann Cup winner, Lacrosse Performance and Conditioning Coach to Dan Dawson, Colin Doyle, Matt Roik and Sandy Chapman. Sean is a feature writer for Lacrosse Inside the Game and Dean French, Executive Director for Canada's 2010 National Field Lacrosse Team, states that "Sean has worked with some of the best athlete's in the world and is highly regarded by Team Canada's National Field Lacrosse Team. Our son Joe, a varsity lacrosse and football player at St. Michael's College School started working with Sean last year. Thanks to Sean's program he has experienced a remarkable increase in speed and agility." Sean is a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association, the highest internationally recognized certification in the strength and conditioning industry. He has a Bachelor of Arts (Sociology) from the University of Guelph and a Bachelor of Arts (Honours) in Kinesiology and Health Sciences from York University. Sean has many years experience and has trained thousands of athletes from all sports and ages, both amateur and professional including athletes from the CFL, NHL, NLL, NCAA, and OHL. To learn more about Sean and Prolaxtraining visit www.prolaxtraining.com

Your 1-Hour Session Includes:

- 15 Minutes Warm-up/Dynamic Flexibility/Muscle Activation
- 15-20 Minutes Movement Skills Training (Acceleration/Agility/Multi-Direction)
- 15-20 Minutes Power/Stability/Core Strength Training
- 10 Minutes Energy System Development

Cost:

- If registering as an individual \$10.00 per person
- If registering as a team/group \$100.00 per group of 20 athletes of the same age group (Pewee, Bantam, Midget, Junior, Senior)

For more information or to book a session for your team or a group of players, please contact: Lesley Dunn, VP Marketing, Lacrosse Nova Scotia Society @ 902-478-5245 or via email at vpmarketinglacrossens@gmail.com