



**LACROSSE**

## SUMMER TRAINING SCHEDULE 2020

<b>June-August</b> TBA	<b>Westside HS Summer Strength &amp; Conditioning</b> Speed, strength, and power workouts. Details TBA (typically Mon-Thu mornings).  <b>Private/Small Group Training</b> Work on specific skills and objectives 1-on-1 or small, positional groups. Upon scheduling with Coach.	<b>Westside HS</b>
<b>July 19, 26, August 2, 9, 16</b>  6:00p-7:30p \$75	<b>West Houston Summer Lacrosse League (WHSLL)</b> Adult/HS. Fun summer games with officials. Earn valuable game reps, learn from other players, and improve your game! Mixed adult and high school division. 5 games including playoff and championship game. Includes team shooter shirt. 7/19, 7/26, 8/2, 8/9, 8/16 (Championship) <a href="https://www.westhoustonlax.com/summer-league-2/">https://www.westhoustonlax.com/summer-league-2/</a>	<b>Houston, TX</b>  Quillian Center
<b>July 20-23</b>  9:00a-11:00a 5:00p-7:30p \$75	<b>West Houston Lacrosse Summer Camp</b> Play Lacrosse! For boys 4th-12th grades. Two (2) sessions per day: stick skills, positional concepts in the morning and team competition in the evening. Greatest lacrosse camp value in Houston! All levels: Beginner, Intermediate, Advanced.  <b>NEW! Advanced competitive component:</b> advanced player sessions will focus on competitive drills (1v1, 2v2, Fastbreaks, West Genny), played with MCLA and NCAA player-coaches!	<b>Houston, TX</b>  Quillian Center
<b>August 24</b>	<b>First Day of School</b>	