



2022 Armstrong Boys' Lacrosse Winter Training

Get lacrosse fitness ready with Winter Lacrosse Training!
90 Mins Lacrosse specific athletic conditioning workouts.

Cost - must be paid prior to attending

- \$35 to attend all 5 sessions
OR
- \$10 per session

Time -

- 2 PM - 3:30 PM

Location -

- Aquajets Swim Team (training facility)
 - 6545 Flying Cloud Drive
Eden Prairie MN 55344
- Enter the main door and proceed to the second floor. Walk to the end of the hallway and enter last door on the right

Dates -

- Sunday, January 9th
- Sunday, January 16th
- Sunday, January 30th
- Sunday, February 6th
- Sunday, February 20th

What to wear / bring -

- Athletic wear – shorts, t-shirt and tennis shoes
- Sticks & water bottle
- No pads required

Please complete the attached waiver and email to ahsboyslax@gmail.com

Mail payment to -

Ron Ledoux
5955 Wynnwood Road
Golden Valley MN 55422

Checks payable to: Armstrong Boys' Lacrosse Booster Club

Venmo information coming shortly :)

Complete registration required in order to participate (waiver and payment).



PLAYER NAME

CONTACT EMAIL

CONTACT PHONE

Waiver

As parent/guardian, I give permission for my child to participate in the Armstrong Boys' Lacrosse Winter Training Program. I am aware of the inherent risks associated with these activities and that all risks cannot be prevented. To the maximum extent permitted by law, I hereby hold harmless and release its officers, volunteers, Armstrong Boys' Lacrosse volunteers and coaches from any claims for damages or injury to my child or property, which may arise from my child's participation in the above program and all related activities.

Player Name:

Parent/Guardian Signature:

Date:
