

B.J. O'HARA GIRLS FALL LACROSSE ACADEMY



Girls Winter Lacrosse Academy

Name: _____
Grad Year: _____
D.O.B: _____
Position: _____
Email: _____
Parent Contact: _____
Phone: _____
Address: _____

****ALL BILLING SENT TO SC481****

Make checks payable to Sport Center 481
Mail to: 6841 Collamer Rd East Syracuse, NY 13057

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Street Address: _____
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Web: www.sportcenter481.com
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Phone: 315-701-1111

B.J. O'Hara Girls Fall Lacrosse Academy

SATURDAYS
10/20/18-12/22/18
9AM-1PM

Girls grades: 4th-12th

\$225 (9 sessions)

Excludes 11/24

*Training held at:
PINE GROVE
4050 Milton Ave
Camillus, NY

Girls Fall Lacrosse Academy

B.J. O'Hara is offering a girls lacrosse skills academy at our Pine Grove location in Camillus. The Academy will focus on high level lacrosse skills development and training for girls; using the latest in techniques, drills and exercises. This program emphasizes maximum repetitions and constant movement. Players will be placed in appropriate groups, based on grade and level of experience.

About B.J. O'Hara; Head Coach of the Denver Outlaws of Major League Lacrosse; Coaching Director of Outlaw Ladies Lacrosse Club. In over 30 years of lacrosse coaching at every level, Coach O'Hara has been a part of 9 NCAA Championship teams, 3 MLL Championships and has coached hundreds of elite players.

Any questions, contact:
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315-521-4988