

Fall Lacrosse Trainings

BEGINS Tuesday September 11

Monday, Tuesday, Thursday 5-6PM

Learn From One Of The Areas Best Lacrosse Players!

Goals!

- Improve stick skills
- Increase speed
- Create power behind lacrosse moves and shot
- Higher skilled and quicker footwork
- Better Positioning and Vision
- Build a higher lacrosse IQ
- Become more explosive with your dodges
- Faster reaction time
- Build confidence with the ball in your stick

How is This Different?

- Every athlete's progress is tracked individually
- Trainings are personalized for the athletes needs
- We have college athletes come out to position teach.
- Athletes develop skills needed for all sports
- Learn what most coaches dont teach
- Everyone competes, no matter the skill level
- NO PADS

Pricing!

- 1 hour training session
- \$20 per athlete
- Cash is preferred, Venmo, and Paypal also accepted

Contact To Stay Updated

Jack Kalinowski

267-678-6238

Jackkalinowski4@gmail.com

Location

Address: 89 Makefield Rd, Suite 100

**Enter Through Red Doors in the back
of the shopping center.**

CONTACT TO LOCK IN YOUR SPOT!

Meet The Trainer

Jack Kalinowski



Accolades

- NCSA All American Athlete of the Year
- Top 5 goal scorer in the nation at the (NJCAA) collegiate level
- 2 time 1st team all league selections
- 2 time golden team selections
- College/high school captain
- Team point, goal, assist leader at both high school and college level
- 1st team all GSAC
- 1st team all Region 19
- Multiple athlete of the week selections
- Region 19 Champion
- Top 10 in the nation in goals for the 2023 season (2nd in goals per game)

Experience

- 12 years of lacrosse experience
- Over 500 games played
- 4 year captain
- Trained or worked with over 100 athletes, elementary through college
- Experience with group/personal trainings