



365 Dr. Martin Luther King Drive
Norwalk, CT 06854

SUMMER TRAINING FOR OPTIMAL LACROSSE & FOOTBALL PERFORMANCE



TRAIN WITH THE BEST!

IDRIS PRICE

*NFL Super Bowl Champion
Tampa Bay Buccaneers
AFL & NFL Europe*

JAKE MYERS

*2009 Runner Up
Cornell University Lacrosse*



Train D1 sessions will be held for 16 sessions this summer. Athletes may attend any session available for their grade level throughout the summer when registered with a flexible training package.

8 Session Package: \$199 per athlete

12 Session Package: \$249 per athlete

** Sign up for 12 sessions and SAVE!*

Training Includes:

Flexibility, speed & quickness drills, strength training, agility & endurance conditioning, and rock wall workouts.

BONUS: 30 minute *Full Body*

Rock Wall Training Sessions included in packages. Rock Wall Sessions will be offered directly following the 60 minute TRAIN D1 session.

Customized training & individual attention in a group session.

TRAIN D1 YOUTH:

Monday/Wednesday:

3-4th grades: 9 AM

5-6th grades: 10 AM

7-8th grades: 11 AM

TRAIN D1 HIGH SCHOOL

Monday/Wednesday:

9th-12th grades

12 PM & 5 PM

Sessions begin on **Monday, June 28rd**.

Sessions are held every Tuesday and Thursday through the end of August.

Sign up now to take advantage of these discounted introductory packages!

Registration is limited. Contact Jake Myers: jake@sonofieldhouse.com or call 203-604-9030