

# BBT

ATHLETICS

## LACROSSE TRAINING

BY

@\_COACHGABE



**COACH GABE**  
LACROSSE TRAINER

# TUESDAYS

&

# FRIDAYS

## 4PM & 5PM

**TEAM / PRIVATE / GROUP TRAINING**

LEARN THE BEST DODGES IN THE GAME

ELITE STICK SKILLS

GAME IQ

ENHANCE POWER

QUICKNESS & FOOTWORK

**\*\*3 TO 6 MONTH COMMITMENT ONLY\*\***

# SPECIALIZING IN SASCIP

SPEED AGILITY STRENGTH CONDITIONING INJURY PREVENTION

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