



**SPORTS UNIVERSITY**

22 MADISON ROAD  
FAIRFIELD, NJ 07004  
973.808.1717



**SUMMER LAX X-TREME**

SEPERATE BOYS & GIRLS PROGRAM



**SUMMER Lax X-Treme Training Includes:**

**1. Speed & Agility Training**

**2. Lacrosse Specific Strength Program**

**3. Lacrosse Specific Speed & Strength Development**

**Fieldwork- helmets/ sticks**

**JULY 5TH- AUGUST 11**

**WEDNESDAYS**

**YOUTH 5-8TH GRADE 10-1130**

**HS 11-1230PM**



- PROGRAM WILL SPLIT UP THE BOYS AND GIRLS INTO SEPARATE FIELD SKILL GROUPS
- SOME ATHLETES MAY BE MOVED AROUND BASED ON SKILL LEVELS

**LAX X-TREME COACHES:**

**FAITH RICHARDS, RUTGERS 2010 CAPTAIN- GIRLS LAX**

Faith graduated from Montclair High School where she played field hockey and lacrosse. She was a two-time lacrosse captain her Junior and Senior years, and was awarded MVP. She attended Virginia Tech and played lacrosse during the 2006-2007 season where she played midfield. Faith transferred to Rutgers University for the remainder of her career where she played defense. She was a two-time captain her Junior and Senior years.

**RICH NOONAN, ASSISTANT LAX COACH AT WAYNE HILLS HS- BOYS LAX**

Rich's entire life is dedicated to coaching and teaching student athletes. He has been a head lax coach for both Nutley and Clifton HS. Rich has years of experience coaching and teaching athletes at the HS level. Rich is a passionate, intense coach that who really cares about teaching young athletes to become better.

**6 WEEK PROGRAM**

**\$199.00**

**VERY AFFORDABLE TRAINING MEMBERSHIP OPTIONS ALSO AVAILABLE  
INQUIRE WITHIN FOR DETAILS AND FLEXIBILITY**

**FOR INFO/ QUESTIONS CALL 973-590-6312  
Phil Delgado, Assistant Director of Performance**

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**www.sports-u.com**