

TRY LACROSSE

Powered by The LAB



INTERESTED IN TRYING LACROSSE?

First Session is **FREE** for all new players
Lessons will be at the LAB Sports Training
Tuesdays / Thursday 5:30-6:30pm
Interested? Contact Coach Brendan Finnerty
(516) 456-7574

Bill Belichick: "Lacrosse is a sport that you just love to practice"

WHY TRY LACROSSE?

- Fastest growing sport in the country
- High energy / fast pace / entertaining
- Teaches discipline
- Increased mental acuity
- Improves cardiovascular endurance
- Increased agility
- Is a full-body strengthening workout
- Enhances coordination