

YOUTH LACROSSE TRAINING

TREVOR JOHNSON

(503) 680-9027 | JOHNSONT13@MAIL.SACREDHEART.EDU

I recently graduated from Sacred Heart University in Fairfield, Connecticut where I played midfield and attack at the Division I level. I grew up playing Lake Oswego youth lacrosse before attending Oregon Episcopal School (OES). While there I played varsity all four years, making first team all-state and becoming an Adrenaline All-American. The coaching I've absorbed allows me to create an individual or small group training program tailored to the specific needs of each player(s).

I offer:

- Flexible training locations. I will meet at the field of your convenience.
- Individualized training to best fit all ages, skill levels, and offensive players.
- A focus on footwork, dodging, shooting, stick skills, and lacrosse IQ.
- An opportunity to get ahead of the competition through intense training tailored to the specific athlete.



Note: due to the on-going COVID-19 pandemic, strict equipment sterilization and social distancing practices will be implemented. Masks will be available to all parties at the participant's discretion.