

Lacrosse Preseason Camp 2011



The HIT Center has teamed up with Sporting Elite to host a preseason camp for boys and girls lacrosse players in North Central West Virginia and surrounding areas. Participants will be put through a scientifically proven workout regimen for four weeks prior to the beginning of the lacrosse season. The experienced staff of Sporting Elite will be providing exceptional lacrosse skill and technique instruction, while the HIT Center's Exercise Specialists will focus on sport-specific speed, agility, conditioning and overall strength. This four week long camp will provide athletes with the right tools to get a head start on the competition!

Camp Set Up

- Participants will be divided into small groups. (no more than 6-8 in a group)
- Groups will be based on age, sex, and athletic ability.
- Athletes will circuit through 12-16 sport specific stations during their 2 hours at the facility.
- Stations will be focused on lacrosse skill or some form of athletic performance enhancement.
- The combination of scientifically advanced equipment and protocols combined with elite lacrosse skill instruction will push campers to be the best player they can be leading into the season.

Camp Dates and Times

- Starting: February 1st 2011 Ending: February 24th 2011
- Day: Tuesdays and Thursdays Time: 7pm - 9pm
- The days and times may change depending on the number of sign-ups. So please be sure to provide the proper contact information on the registration form.

Camp Cost

- The cost of the camp is \$400.
- You must be preregistered and make a minimum payment of \$150 by **January 26th 2011**.
 - The next two payments of \$125 must be paid on February 10th and Feb 17th 2011.
- If you preregister and pay up-front by **January 26th 2011** you will receive a **\$50 discount**. (Total of \$350)

Camp Registration and Location

- Registration Forms are available on MorgantownHitCenter.com and SportingElitellc.com
- You may pay over the phone at **304-292-9404** or online through MorgantownHitCenter.com

Location:	The HIT Center 22 Rousch Drive Morgantown, WV 26501	Directions:	Off I79 in Westover, Exit 152. Two buildings down from Wedgewood Family Practice behind McDonalds.
Phone:	304-292-9404	Phone:	304-282-8458
Email:	kmsowers@comcast.net	Email:	tmoore@sportingelitellc.com
Website:	MorgantownHitCenter.com	Website:	Sportingelitellc.com