

ACADEMY SPOTS ARE LIMITED!

ATHLETIC REPUBLIC

www.athleticrepublicannapolis.com

"YOU SUPPLY THE DRIVE AND DESIRE, WE SUPPLY THE CONFIDENCE"

INAUGURAL AR LAX ACADEMY

Lacrosse training is about more than "feeding the ball" and "shooting on the run." It's about gaining a thorough understanding of the game, preparing mentally and physically, for the challenges of elite play, and being the best you can be. At **Athletic Republic Maryland**, our lacrosse training programs help athletes develop their game and reap the benefits of a world-class education, so they can experience success on and off the field.

This year's camp, open to High School boys, will focus not only on on-field

training, but will also include elements of mental conditioning, video analysis, strength conditioning, nutrition and more. Players will leave with a comprehensive plan for future development.

The **AR LAX Academy** is for the experienced player looking to take their game to a higher, elite level. There is a reason we call this an Academy, and not a camp. Players will experience more passing than they can imagine, more intricate dodges than they could think up, and develop harder more accurate shots than they

thought possible. The entire goal is to build experienced players into confident and experienced players.



301-262-7781

Year 1 Session 1

February 2012

Academy Highlights

- Run like a College Practice
- Film Study
- Fast paced Lacrosse Training
- Cutting Edge Skill Development
- Game situations and strategies

Academy Info

- February 16, 21, 23, 28
- 7:00 - 8:30 pm
- High School Players
- \$200.00



JUSTIN SMITH

Justin Smith is a **professional** lacrosse player with the **Charlotte Hounds**. He is a two time Major League Lacrosse World Champion with the Philadelphia Barrage. He's a three-time NCAA champion from Salisbury University and two-time All-American. In 2005 he was voted the player of the year for NCAA Division III Lacrosse. In his spare time he loves to develop the next generation of great lacrosse players.



**ATHLETIC
REPUBLIC**

**ATHLETIC REPUBLIC
MARYLAND**

4891 Telsa Drive, Suite E-G
Bowie, MD 20715

Phone: 301.262.7781

E-mail:

info@athleticrepublicannapolis.com