
FC BOYS LACROSSE

'23-'24 WINTER SPORTS PERFORMANCE TRAINING



Participation in this training is 100% optional. We want people who "like it" and want to be out there!

The goal is simple: to make yourself a better athlete. This program should make you faster, more athletic with increased body control, more resistant to injury, and better conditioned. This is 100% field-based. While I would love to lift weights also, we do not have the facility for that (yet). If you are interested in strength training programs to do on your own, just ask. I have stockpiled a few college athletic programs over the years.

This group meets every Mon / Wed / Fri, regardless of weather. 2:45–4:00 on the turf. It is a good idea to be on the turf by 2:30. We START at 2:45. Always bring cleats or turf shoes AND running shoes (if we do something not on the turf).

If you play lacrosse, we will stay and do ~45 minutes of stickwork afterward (sticks, helmets, gloves). If you don't play lacrosse, at 4:00 you are free to go home or stay and practice skill work for your sport.

First session is November 27 (Monday after Thanksgiving).

Last session is February 9 (roughly 10 weeks / 30 sessions total).

Patriots Combine is the week of February 12–16.

Spring Sports begin Monday, February 19.

Patriots Combine: This is individual testing. Records will be kept and compared every year. This will be year one and the event will grow going forward. Testing events are tentatively: max pull-ups, fastest 150-yd shuttle, conditioning 150s (# you can sustain under certain time cap), 5-10-5 (pro agility), broad jump, and 3-mile run. In the future when we have a weight room, this will include lifting tests.

General Structure:

- Monday: Linear speed training. Acceleration, deceleration, top end speed.
- Wednesday: Lateral movement / Change of Direction.
- Friday: A combination of linear / multi-directional speed. Competition!
- In addition to the above, all sessions will include a dynamic warm-up, speed ladders, plyometric jumps, conditioning, and static stretching to finish.

We are requesting a \$25 donation from all participants. This is to buy training equipment (speed ladders, bands, etc) and an outdoor speaker. One session of this at an athletic performance gym is more than \$25, you are getting 30 sessions. If the \$25 is a problem, don't worry about it! You do not have to pay. A parent will be collecting funds, details will be sent later in our GroupMe chat.

Virginia Beach deserves a better class of athlete. We are going to give it to them.

To sign up, email us your information (name, email address, phone number):

Gregory.DeLuca@vbschools.com.

Join the GroupMe (participating athletes only): https://groupme.com/join_group/97091411/dOXOpSta