



## Columbine Lacrosse Pre-Season Training

Our goal is to provide our athletes with the professional quality coaching normally available to only the highest level of athletes. We ensure sport-specific improvement in all domains, and provide traceable results

### Get ready for season with us!

#### Winter Session

Monday & Wednesday

January 5 - Feb 6

3-4pm

9 Sessions

\$108/athlete

#### Tryout Prep

Monday - Thursday

February 10 - Feb 20

3-4pm

7 sessions

\$84/athlete

**Sign-up for both and save \$32!  
\$160/athlete**

\*Training will take place at Columbine High School



### To sign up:

#### Signing up for Columbine Lax Pre-Season Training (iPhone and Android Users):

- 1) Go to the app store download " Mindbody" App
- 2) Once in the mind body app, create an account
- 3) Once the account is created, tap explore on the navigation menu on the bottom of the screen
- 4) Search "Elite Speed Sports Performance - Centennial" - Tap on "Elite Speed Sports Performance - Centennial"
- 5) Scroll down and see upcoming classes and click book for "Columbine Lax 2020"
- 6) If you do not see any upcoming classes, go to the start date on the calendar. Then you will find an option to book in "Columbine Lax 2020"



Sign up for Private and/or Semi-Private training with Elite Speed Sports Performance and your team training is FREE! Ask us how!

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