



PERFORMAX LACROSSE

and



present

# BUFFALO LACROSSE

## TRAINING CAMP & COMBINE

### JUNE 25-29

SESSION 1

GRAD YEARS 2020-2023

northtown center  
at amherst

### AUG 6-10

SESSION 2

GRAD YEARS 2024-2029

**MISSION:** To show youth players exactly what it takes on & off the field, to play lacrosse at an elite level. Our plan of showing our players the "lifestyle" of the top athletes in the sport will be the **difference** needed to continue development pass the norm, & into the **elite** ranks.

#### CAMP INCLUDES:

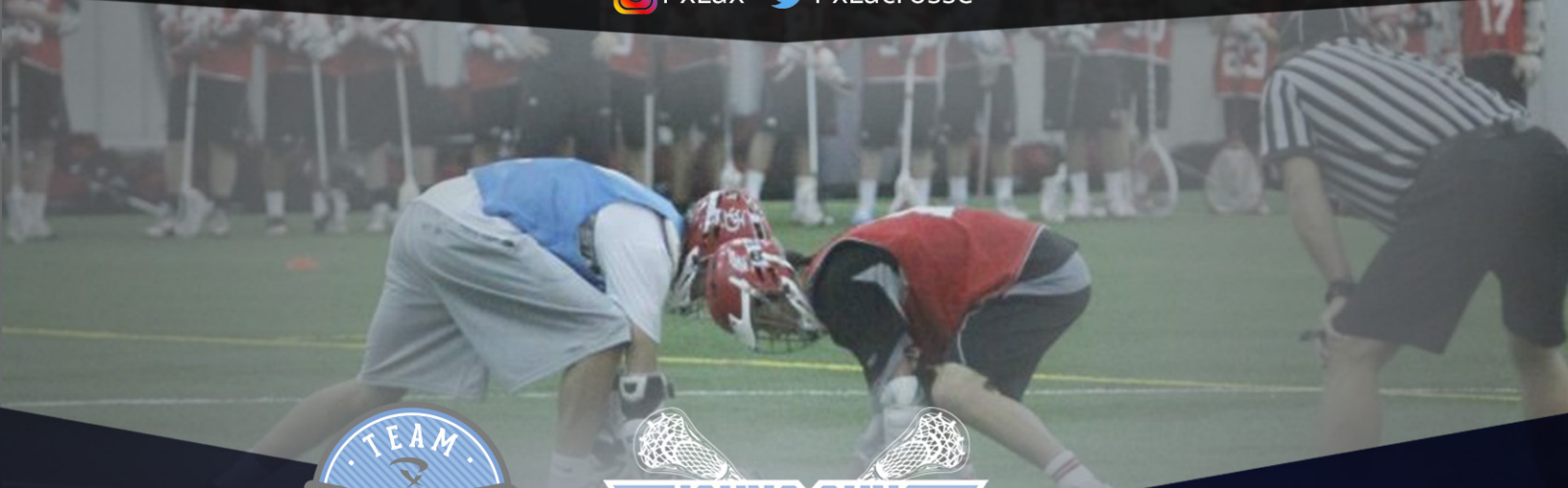
- High-paced instruction on individual & team aspects by elite pro & college Player & Coaches.
- 1 - 2 Days of Box Lacrosse Instruction at Northtown Center
- Camp Apparel: 1 Dry Fit Shirt, 1 Pair of Shorts, 1 Pair of Socks
- Individual Workout & Nutrition Plans from certified experts
- Introduction to Combine Training, Testing, & Evaluation.
- Exposure to College Coaches via video or in-person
- Emphasis on Stick Care with **SULLYTENDER Stick Stringing Demos**, to show proper care & direction on stick stringing for players of all levels.

#### DAILY SCHEDULE:

- **CAMP:** Monday-Thursday 9:00am-3:00pm
- **COMBINE:** Friday 9:00am-12:00pm
- 3 hours on-field instruction, games, demonstrations
- 1.5 hours weight room and dry land instruction
- **Prizes!**
- Seminar Discussions with guest appearances (NCAA Prep, Indoor vs Outdoor Lax, Nutrition, Injury Prevention, ETC...)
- **Healthy lunch & snacks provided daily**

FIND MORE INFORMATION OR REGISTER AT [PERFORMAXSPORTS.COM/BUFFLAXCAMP](http://PERFORMAXSPORTS.COM/BUFFLAXCAMP)

PxLax PxLacrosse



AND



PLAYERS WILL BE IN ATTENDANCE.

PERFORMAX LACROSSE'S WORLD CLASS COACHING STAFF WILL BE IN ATTENDANCE.

