

ROB SLADE, C.S.C.S. and S3 TRAINING CENTER

present

SKILL SPEED FOR LACROSSE

an S3 performance program
For Pikesville Middle & High School



Contact: Rob Slade, C.S.C.S.

*The Greatest Thing
To happen to players performance
Since the Plastic Head*

Notice to all Lacrosse Coaches and Players

Foot speed alone does not win lacrosse games!

Precise, Powerful and Fast Execution of:

- Passing • Catching • Shooting • Dodging • Ground Balls •

Enter Skill Speed for lacrosse, the most complete training program available today.

Designed by Rob Slade, c.s.c.s. the Skill Speed program concentrates on:

- Position specific speed, quickness and change of direction.
- Position specific skill and speed skill execution.
- Position specific strength power and explosive training.
- Instinctive visual/mental reaction training specific to Position.
- Specific goalie speed technique training.

**\$25.00 per
Week
For 6 Weeks
\$150.00**

Skill Speed evaluates all progress with the Position specific lacrosse based testing.

Skill Speed's goal is simple. For the trained Position to report to practice ready to execute all Position specific skills at greater game speed with more power, stamina and with few mistakes.

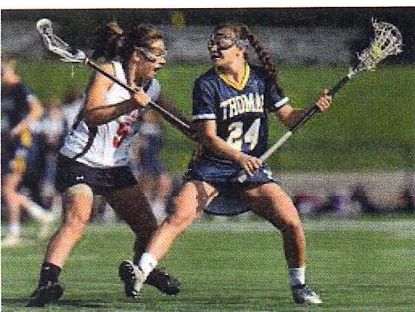
The time is now to work on Lacrosse Skill Speed.

For a demonstration or more information about this ground breaking program please contact:

Rob Slade at 443.474.8090 or e-mail robslade1@verizon.net

The Skill Speed program can be done at our facility in Baltimore or at your practice field.

Come see our location with 2 indoor fields, full weight room and training center.



- Aquatic Training
- Multi-Sport Skill Training
- Instructional Development League for 7-10 year olds

