

# **RYE Y YOUTH LACROSSE**

**Private and Semi-Private**



**Grades 9 - 12**

## **Sports Performance Training for Lacrosse Athletes**

To excel in lacrosse, you need a wide range of physical and mental skills. At the RYE YMCA our trainers provide athletes with the lacrosse training tools they need to take their game to the next level.

If you're looking to increase your effectiveness on the lacrosse field, signing up for sports performance sessions at our facility is the best solution you will find.

**Each session is geared toward improving:**

- Speed and agility
- Explosiveness and power
- Conditioning
- Flexibility
- Strength
- Recovery
- Mental toughness
- Confidence

You can register for 1-on-1 sessions with a trainer, or you can sign up with a small group or a full team.

**We offer three types of sessions:**

- Private sessions for individuals
- Small group sessions
- Full team training

One of our coaches will be able to custom design a training regimen that matches your goals, or the overall goals of your group or team.

**To learn more about how the Rye Y can help athletes looking for lacrosse speed training or general lacrosse performance training, call 914-967-6363 or email [Tatumnussbaum@ryeymca.org](mailto:Tatumnussbaum@ryeymca.org)**