



**Small Group Trainings**



# *Summer Defensive Trainings*

**Locations: Alps Field in Wayne, NJ**

**Time: 6:00-7:00 PM**

**Wednesdays - July 10th, 17th, 24th, 31st**

**August 7th & 14th**

**Middle School: 2028, 2029 & 2030**

**Youth Grad Years: 2031, 2032 & 2033**

**Skills Training- Helmets & Gloves**

**Packages and Drop in's are Welcome**

**REGISTER AT [ADVANCEDLACROSSEUSA.COM](http://ADVANCEDLACROSSEUSA.COM)**