



NV Girls Lacrosse TEAM Training

The Labs USA invites you to come train with your team in our 22,000 square-foot training facility just around the corner from the High School.

Are YOU looking to prepare for next season? Want to get faster? Stronger? Leave the competition in the dust? Then train at the Labs.

Our custom strength & conditioning program with coaches **Lauren Rippy, John Singleton** and **Milo Swain** will help you move better, get you stronger, address imbalances, and improve sport performance and athleticism.

LOCATION:
The Labs USA
3600 Thayer
Court, Aurora

PROGRAM INCLUDES:

- ✓ Strength Training
- ✓ Speed – Agility – Quickness
- ✓ Plyometrics
- ✓ Injury prevention (joint stability & core control)

SESSION 1: 9/7 – 10/28 (8 wks)

COST: 1x/week = \$120, 2x/week = \$240, 3x/week = \$360

SESSION 2: 11/2 – 12/21 (7 wks)

COST: 1x/week = \$105, 2x/week = \$210, 3x/week = \$315

SESSION 3: 1/9 – 2/27 (8 wks)

COST: 1x/week = \$120, 2x/week = \$240, 3x/week = \$360

DAYS: M/W/F, 3:30 -4:30pM

Need a minimum of 6 athletes to run a session

QUESTIONS??? Contact Lauren Rippy
630-234-8137(c), lrippy@thelabsusa.com

