ALPHARETTA MENS LACROSSE

August 24, 2015

Parents of JV / Varsity Lacrosse Players:

First I would like to welcome you to the 2016 season, the year we get back on track to greatness!!! After talking to the players from both Varsity and JV teams, they have voted to move your strength and conditioning back to Lifetime Fitness. We have negotiated an offseason conditioning program with Lifetime Fitness Center on North Point Parkway, walking distance from AHS. This program is highly recommended. The cost is $100/month per player. You **DO NOT** have to be a member of Lifetime Fitness to participate, but non members will only have access on the days we lift. Members will be provided additional workouts on additional days if desired. The program will begin Monday, August 31st at 4:15pm and will last until about 5:30pm. Conditioning will be three (3) days a week on Monday / Tuesday / Thursday.

**IMPORTANT:** Baseline testing **REQUIRED** for all players will be Saturday, August 29th  11am to 12:30pm and Sunday, August 30th 12pm to 1:30pm.

High Schools in the area have also begun their offseason conditioning. In order for us to get back to where AHS lacrosse belongs we will have to begin the season in shape and ready to play. We will not have the luxury of “playing our way” into shape. We are playing in an extremely competitive region – the other teams will be ready.

Coach Z, B.S., C.S.C.S.

E-mail: 8Coachz@gmail.com

We’re looking forward to a successful and fun season. Fill out this form and bring payment for the first month, September, with you on either Saturday or Sunday when you want to get your baseline testing done.

PLAYER NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PARENT SIGNATURE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

CHECK # \_\_\_\_\_\_\_\_ CASH\_\_\_\_\_\_\_\_\_\_\_ AMT. $100

CREDIT CARD#\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_exp date\_\_\_\_\_\_\_\_\_

Alpharetta Raider Men’s Lacrosse Conditioning