

*Parents –Encinitas Mustangs are proud to announce the roll out of our 208/2019 Winter Training. The Mustangs and Activ8 have partnered to present this 6 week program aimed at speed, conditioning, and stickwork. Activ8 is a local sports performance facility that helps athletes achieve measurable improvement in running mechanics, speed, agility, strength, core development and conditioning. The details are as follows;*

**Who** – Encinitas Mustang Boys 5-8 Grade. Attendance is limited to those planning to participate in our Spring 2019 Season. The program will be run by La Costa Canyon High School JV Lacrosse Coach Dan Jones with assistance from Activ8 staff. Coach Dan is a former NCAA Division I Lacrosse Player who specializes in injury prevention & athletic development. He is a certified exercise physiologist for Activ8.

**What** – This is group training (20-25 participants required) tailored specifically for youth lacrosse. Sessions will consist of speed and agility drills, endurance/stamina, and beginner/intermediate stick work. Players will be required to bring helmet, gloves, and stick to each session.

**Where** – Activ8 Athleticism Training Center 6070 Avenida Encinas, Carlsbad, CA

**When** – Wednesdays and Fridays from 3:45 PM to 5:00 PM. Starts December 5<sup>th</sup> and ends Friday January 11<sup>th</sup>. (No workouts Week of December 24)

**Cost**- \$144 per player + \*\$49 One time Activ8 Registration (initiation fee).

**To Register** – Visit <https://go.teamsnap.com/forms/157294>

**Last Day to Register is November 26<sup>th</sup>**

*\*Note – \$144 Mustang Registration Fee does not include the one time Activ8 Registration. Players are required to complete Activation Registration and Waiver Forms on their own prior to attendance at first session December 5<sup>th</sup>. This cost is not applicable to players that are currently registered with Activ8.*