



## Adirondack Power Winter Instructional Program

### **ADK POWER**

*Presented by The Albany Power Lacrosse Club*

Boys Grades 8<sup>th</sup>-12<sup>th</sup>

5:00-6:30 PM (First day REGISTRATION AT 4:15 PM)

1:8 TYPICAL COACHING RATIO

Sunday Evening Practices

November 15<sup>th</sup>, November 29<sup>th</sup>, December 6<sup>th</sup>,  
December 13<sup>th</sup>, December 20<sup>th</sup>, January 3<sup>rd</sup>, Jan 10<sup>th</sup>

PLAYER FEE: \$210\*

FAMILY DISCOUNTS AVAILABLE (SEE FAQ'S ON WEB SITE FOR  
REGISTRATION INSTRUCTIONS)

**\*FEE DOES NOT INCLUDE THE COST OF required pinney  
additional cost for participation in tournaments.**

#### **PROGRAM OVERVIEW**

The ADK Power Winter Instructional Program is for the serious lacrosse player who is interested in developing both individual and team skills under the supervision of a highly qualified coaching staff. The focus of the winter program is on skill development. Tournament play may be available at an additional cost.

The ADK Power program is being presented by the Albany Power coaching staff with the help of selected local high school coaches. The program will focus on individual skill development with well designed high repetition drills. The format of the program will be the same as the Albany Power Lacrosse Club.

#### **PROGRAM LOCATION**

**The Adirondack Sports Complex  
326 Sherman Avenue  
Queensbury, New York 12804**

#### **ON-LINE REGISTRATION**

To register, or to find out more about the program including a complete calendar of events go to:

[www.albanypowerlacrosse.com](http://www.albanypowerlacrosse.com)

#### **PROGRAM DIRECTORS**

**Mike Vorgang:** *Head Coach Niskayuna High school; 8 time Sectional Champion; Produced 19 All Americans in 15 years; 12 Consecutive Division Championships; 11 Time Section II Coach of the Year*

**Chris DeLano:** *Current Assistant Coach, Niskayuna High school, 2005 & 2008 Assistant Coach of Year; Former Assistant, Siena College Div. I; Former Assistant, Plattsburgh State Div. III; Former All-UCAA Midfielder, Union College. Adirondack Empire Team Coach 2007 and 2008*

**The ADK coaching staff will include Albany Power coaches and top area high school coaches:**

**Scott Comstock – South Glens Falls**

**Tim Northrop – Glens Falls**

**Adam Orr – Queensbury**

**Pete Hoffman – Glens Falls**

Register online at:

[www.albanypowerlacrosse.com/ADK\\_Power\\_home](http://www.albanypowerlacrosse.com/ADK_Power_home)

◆ E-mail directors at

[ADKPower@albanypowerlacrosse.com](mailto:ADKPower@albanypowerlacrosse.com)