



**ALBANY POWER LACROSSE  
FALL INSTRUCTIONAL  
PROGRAM**

**Level:**

Varsity – Players graduating in 2012, 2013, 2014, and 2015

Position Specific Instruction Program

**Limited enrollment:**

Varsity - 4 Goalies, 12 Defenders, 10 Attack and 14 Midfielders only

**Location:**

Schenectady High School Turf field

**Practice Dates:**

Sundays – 9/18, 9/25, 10/2, 10/9, 10/16, 10/23, 10/30

- First players to signup and submit deposit of \$150 will be accepted. No exceptions.

\*at Schenectady High School in evening

**Cost:**

\$275

Includes practices and an Albany Power performance shirt.

**Coaches:**

The fall program will be staffed by the Albany Power Lacrosse Club coaching staff. See our website for coaches' information.

**Times:**

6:00pm-7:30pm

**Registration:**

Register online at –

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

*Optional tournaments available for additional fee*