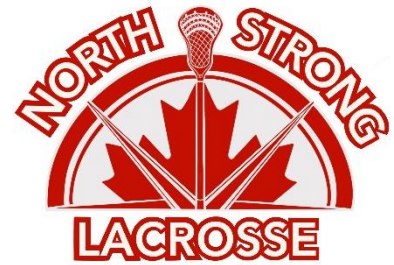


Women's Field

Intensity Camp (College + HS Elite)

2021



WHAT? North Strong Lacrosse's targeted program for current NCAA student-athletes, committed players, and experienced athlete's in the final stages of the college recruiting process. Participants will experience an intensive technical, tactical, and physical training program alongside other high-performance athletes. This program is designed to enhance each student-athlete's current and future skill, conditioning, and performance.



WHY? Gains in training happen when athletes are grouped by skill level, commitment, and age. Providing an environment where high-performance women's field lacrosse players can come together to train allows for coaching on the more sophisticated elements of the game, a safe space for athletes to experiment, and opportunities for skill development.



WHO? Current NCAA women's field lacrosse athletes, committed players, and experienced athlete's in the final stages of the college recruiting process.



WHEN? Tuesday and Thursday evenings from 7:00 PM to 8:30 beginning on June 14, 2021, and ending on August 12, 2021. The program provides approximately 27 hours of total training delivered by our expert coaches.



WHERE? North Strong's Intensity Camp is based at fields in Sherwood Park and/or south Edmonton.

To register for North Strong's Intensity Camp, please go to: <https://north-strong-lacrosse.sportngin.com/register/form/406838929>