



East Coast Lacrosse

East Coast Lacrosse Academy



Fall Lacrosse Teams Tryouts

Ages: 3 Divisions for the fall – 5th/6th grades, 7th/8th grades, and High School

When: August 18th, 2010

Grades 5th – 8th: 5:30 pm – 7:00pm

High School Players: 7:00pm – 8:30pm

Where: Wardlaw High School 1295 Inman Ave Edison, NJ

East Coast Academy Teams will be playing in the Rutgers Lacrosse Fall League and enter a Fall Tournament TBD. Winter details to follow.

Benefits of Being on the East Coast Academy Teams



- Year round training curriculum
- Full time collegiate strength coach
- Sports Specific Professional Coaching Team
- 2 Professional Academy Focused facilities
- Year round league and tournaments
- In house college recruiting services
- Full time administrative support

About East Coast Lacrosse Academy Fall Director Jason Pressman

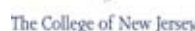
- 20 years of playing and coaching experience
- Johns Hopkins University
- NJ Lacrosse Hall of Fame
- Former Assistant Coach of the NJ Pride professional lacrosse team

About Andrew Borriello

- 2009 US Lacrosse, GMC, **Man of the Year**
- 2010 US Lacrosse, GMC, **Assistant Coach of the Year**
- Old Bridge High School Lacrosse Coach (active)

About East Coast Certified Strength & Conditioning Specialist Kelly Wise

Kelly has conducted, developed, and trained strength and conditioning programs for:



Coach Wise holds both an undergraduate and Master's Degree in the Exercise Sciences as well as NSCA-CSCS and USAW certifications.

Pre Register by August 1st at **(908) 756-6868** or **info@ecc-athlete.com**



East Coast Conditioning

Sports Performance Training

where athletes train

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