

# LACROSSE

## → LONG ISLAND LIZARDS PRO LACROSSE

**SATURDAY, SEPTEMBER 6, 1 1:30 AM - 1 2:30 PM**

Meet with some of the Long Island Lizards Professional Lacrosse team as they go through the basic fundamentals of Lacrosse, catching, throwing, groundballs, shooting, etc.

## → SPORT SPECIFIC TRAINING SESSION WITH LONG ISLAND LIZARDS & CATZ

**SATURDAY, SEPTEMBER 6, 1 2:30 PM**

Following the Long Island Lizards Lacrosse demonstration they will go through a workout and strength training and speed session with the training staff from CATZ – Competitive Athlete Training Zone. This will be an interactive demonstration so the audience is encouraged to join in and experience a training session with the Lizards and CATZ.

