



KNIGHT LINE



OFF-SEASON DEVELOPMENT PROGRAM
New and Improved
Begins Thursday Oct. 19

For all ages and skill level

Players are grouped according to age and ability level
Small player to instructor ratio allowing for great individual instruction

[CLICK HERE TO REGISTER NOW!](#)

EXCEPTIONAL INSTRUCTION
CHECK OUT OUR OFF-SEASON DEVELOPMENT HEAD COACHES

KATIE GUY



**FOUR TIME MEMBER OF THE CANADIAN
WOMEN'S WORLD CUP TEAM**

2 TIME SILVER MEDALIST
2017 - Co-Captain
2013 - Named All World Defender

PENN STATE GRADUATE

Sr. Year - Team Captain
Led the team to an NCAA tournament birth in both
her Jr. and Sr. seasons
2013 Third Team All-American
4 X Conference Academic Award winner

LADY BLUE KNIGHTS

U19 Elite - 2 Provincial Championships
2008, 2006
2 Ontario Summer Games Championships
U15 Elite - 3 Provincial Championships
2003, 2004, 2005
Outstanding Defensive Player Award
Team Co-Captain
Senior Team - 1 Provincial Championship

*I once read that it takes 10,000 hours to master any skill
and become an expert. Between my first house league
practice and my last, the championship game at World*



Cup with Team Canada, I believe there was many more than 10,000 hours! The best players that I have ever played alongside constantly had their sticks in their hands - making up mini competitions, stick tricks and games. No matter what level they were competing at, always remembering that Lacrosse is FUN!" **Katie Guy**

JACQUELINE BOISSONNEAULT



U19 CANADIAN TEAM

2011 - Bronze Medalist

VIRGINIA TECH

Graduated 2015

Competed in the ACC tournament

Dean's List - 2013, 2014, 2015

ACC Academic Honour Roll - 2012-15

Athletic Director's Honour Roll 2012-2013

LADY BLUE KNIGHTS

U19 Elite – 3 Provincial Championships
2009, 2010, 2011

U15 Elite – Provincial Champion
2008

Coaching – 2016 Junior Blue Knights

"In the role of an instructor, naturally, we provide a lot of direction and attempt to give feedback when we see how a player can improve. However, I find that some of the biggest breakthroughs I've had as a player, is when I've approached my mentor for tips and tricks!" **Jacqueline Boissonneault**

CORINA MAHORN



DETROIT MERCY

Graduated 2012

2 X NIC Player of the Week Honours

Sophomore year - Team Captain

PFEIFFER UNIVERSITY

Graduate Assistant Coach 2013 - 2015

2014 Conference Carolina 2nd overall finish

2014 Division II NCAA Tournament Finalist

2015 Conference Carolina 3rd overall finish

LADY BLUE KNIGHTS

U19 Elite - Provincial Champions
2006, 2007, 2008

Coaching - Provincial Champions

U19 Elite - 2013, 2017

U19 Competitive - 2011

"I've played and coached at the collegiate level and I always love an opportunity to share what I've learned!"
Corina Mahorn

LINDSEY PALMER



LINDENWOOD UNIVERSITY

Graduated 2015
2 time NCAA Semi finalists
4 time Conference Champions
Played in senior all star game

LADY BLUE KNIGHTS

U19 Elite team - Provincial Champions
2010, 2011, 2012
Coaching
2017 - U19 Elite - Provincial Champions
2016 - U19 Elite - Silver Medalists

EXCEPTIONAL FACILITY

FULL FIELD INDOOR TURF

(Civic Fieldhouse)

We are using the entire field to allow for small group instruction with great instructor to player ratio and full field game play

Lady Blue Knights top-notch development program WILL make players better!

LBK Off-Season development is designed to challenge players of all ages and skill level. Players will experience increased confidence as their fundamental skills, situational play, fitness and overall game sense improve.

This includes top level scholarship bound players down to beginners - and everyone in between!

Sign up for one, two or ALL 3 of the following sessions.



Back to Basics – Session #1

Every lacrosse player has a base foundation of skill and athleticism. Becoming a complete player and working to get to the next level means mastering the fundamentals first. Regardless of what age or level you are at you will be challenged individually to learn and perfect new skills.

Dates: Thursdays Oct. 19 – Nov. 23

6 - 7pm – Players born 2006 - 2013

7 - 8pm – Players born 2000 - 2005

Featuring Guest Coaches

Scott Teeter
Canisius University Head Coach
Team Canada Head Coach (2017, 2015, 2011)
Oct. 19

Wendy Stone
Niagara University Head Coach
Nov. 9



Breaking it down, Game skills – Session #2

Enhance your lax IQ with specific game situations and play. Using their mastered fundamentals, players will be exposed to different game situations in a controlled, small-group setting allowing for plenty of reps and understanding. Game play will be officiated with certified referee's.

Dates: Thursdays Nov. 30 – Jan. 18 (Christmas Break - Dec. 28 and Jan. 4)

6 - 7pm – Players born 2006 - 2013

7 - 8pm – Players born 2000 - 2005

Featuring Guest Coaches

Katie Rhodes
Colgate University Assistant Coach
Dec. 7

Rachael McKinnon
Robert Morris Assistant Coach
Lady Blue Knight Graduate
Dec. 21



Ramp It Up! Preparing for Season – Session #3

It is time to fine tune your game having your fitness, skills and game play ready for the 2018 season. Players will be challenged to implement their newly acquired skills into high tempo game situational drills, along with high tempo game play. All game play will be officiated with certified referee's.

Dates: Thursdays Jan 25th – March 1

6 - 7pm – Players born 2006 - 2013

7 - 8pm – Players born 2000 - 2005

Featuring Guest Coach

**Kaylin Morissette
Canisius College Assistant Coach
Lady Blue Knight Graduate
Jan. 25**

Great offers on registration rates - SIGN UP TODAY!

Each session is \$175

or

Register for ALL 3 sessions for \$499 (save \$25)

EARLY BIRD RATES

(apply only to those signing up for ALL 3 sessions)

For a limited time only

Sign up by **Sept. 30** - \$450 (save \$75)

CLICK HERE TO REGISTER



**FULL INDOOR TURF FIELD
Civic Recreation Complex
99 Thornton Rd S, Oshawa**

The full turf will allow for a lot of variety for small group skill stations, with a great instructor to player ratio. As well full field game play will be a great option for players.

[Website](#) [Calendar](#) [News](#) [Links](#) [Volunteers](#) [Contact](#)

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