



# LBK Off Season Development



## Session 3: Ramp it up, preparing for the season

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**.

<b>When:</b>	Thursdays January 24 <sup>th</sup> – February 28 <sup>th</sup>	
<b>Time:</b>	6:00 – 7:00 p.m.	Players born 2007 – 2014
	7:00 – 8:00 p.m.	Players born 2001 – 2006
<b>Where:</b>	Oshawa Civic (fieldhouse)	
<b>Single session cost:</b>	\$175.00	
<b>Register for ALL 3 sessions and save!</b> \$499.00 (\$25 savings)		

## Featuring Guest Coaches:

To Be Announced once confirmed

**Take your game to the next level...**