



# 2017 WINTER LAX SKILLS CLINICS

Sunday January  
8, 22, & 29 at



## Beginner Skills 3:30-4:30 PM

**Building the Foundation** (Dunlap coaches, Cimoch, and Frosche)  
U9-U15 players will develop a broad base of introductory skills including how to cradle, scoop, pass, catch, and shoot. Drills will focus on fun and foster a love for the game in a relaxed atmosphere. Loaner equipment available for U9/U11 only.

This clinic is for anyone who wants to play lacrosse in the 2017 season, and has had little to no playing experience. The Dunlap coaches and the advanced clinic coaches will take you through critical skills to give you a head start for pre-season next month.

## U9-U11 Skills 4:30-5:30 PM

**Youth Development** (Ed Cimoch)  
Returning players improve on grounds balls, shooting, dodging, stick work, and defensive footwork through a series of custom drills. These clinics are for returning players who have the ability to throw and catch the ball.

Join guest coach **Ed Cimoch** from Bloomington for a series of skill-building drills meant to improve all aspects of your game. Over the past 15 years, Ed Cimoch has been coaching lacrosse at the youth, high school, and college levels. With experience across the country and globally in Italy, he has developed a strategy focused on overall lacrosse skill and athletic development.

- Fundamental Skill Building Jan.8** Pass, catch, shoot, score!
- Defending the Cage Jan.22** All things defense!
- Dominate the Game Jan.29** Applying basic skills to fun competitions!

## U13-U15 Skills 5:30-6:30 PM

**Ultimate Stick Work Clinic Jan.8** (Jeremy Frosch)  
Focused on developing a better stick (i.e. control, handle, feel, catch & throw) to push you out of your comfort zone so you gain confidence whenever you have the ball.

Focus on critical game skills in a series of three clinics. **Jeremy Frosch** is the 2017 Eagles HS coach, and started "Powerhouse Lacrosse" at the Peoria Area House of Speed. **Zach Ianucci** is the Head Men's Lacrosse Coach at Illinois Wesleyan University and for the Titans Elite Lacrosse program. **Dave Olson** is the Goalies and Defense Coach for Illinois Wesleyan. Each will bring their own expertise and coaching style to their clinic day to get you warmed up for the 2017 season.

**Intensive Specialty Clinic Jan.22** (Ianucci, and Olson)  
Scoring and Shooting plus specialty instruction for Face-offs and Goalies. Clinic will include an instruction period followed by crossover time where the goalies and shooters will put their skills to the test.

**Advanced Shooting Clinic Jan.29** (Jeremy Frosch)  
Focused on helping you improve accuracy and placement, shot release, techniques of a strong shot, when to use what type of shot, and shot velocity.

\$30 for all 3 clinics Early Bird registration until Dec 31 or \$35 after Jan 1 / \$15 same day per clinic if space available

Register at [DunlapRec.com](http://DunlapRec.com) / Space is limited / Email with questions: [DunlapLAX@gmail.com](mailto:DunlapLAX@gmail.com) / Location: The Yard 1503 W Altorfer Dr, Peoria