



GENERAL MANAGER

MIKE BENDER

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WWW.HEADSTRONG.ORG/LEHIGH-VALLEY-BOYS/

FALL SCHEDULE

- 1-2 TOURNAMENTS
- WEEKLY PRACTICES
SUNDAYS
- OPTIONAL WEEKLY POSITION SPECIFIC TRAINING

WINTER SCHEDULE

- WEEKLY TRAINING SESSIONS
INCLUDES SKILLS & DRILLS, SPEED/AGILITY TRAINING
- OPTIONAL CAMPS/CLINICS

SUMMER SCHEDULE

- 3-4 TOURNAMENTS
- 2 PRACTICES PER WEEK
TUESDAYS AND THURSDAYS
- 1 POSITIONAL CLINICS PER WEEK
WEDNESDAYS

PARTNERSHIPS



ADDITIONAL BENEFITS

- ELITE COACHING
- RECRUITING INFORMATION
- INVOLVEMENT IN LOCAL COMMUNITY

ABOUT

- Developing student-athletes since 2006
- Directly support the mission of the HEADstrong Foundation
- Uniforms provided
- Multiple payment plans available

MISSION

- Provide resources for players to maximize their experiences and opportunities in the sport of lacrosse, all while supporting the mission of the HEADstrong Foundation



The HEADstrong Foundation is a 501 (c) (3) nonprofit organization whose mission is to help improve lives affected by cancer.

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