

AVAILABLE TO KINDERGARTNERS TO COLLEGE PLAYERS

SMALL GROUP SETTING

COMBINES S&C AND S&D
(STRENGTHENING & CONDITIONING AND SKILLS & DRILLS)

FOR FIELD PLAYERS & GOALIES!

2 VERSIONS:

ORIGINAL TRAINING PROGRAM VERSION:

4-7 players

\$40 per player

(\$30 college)

60 min long

Focuses on S&D or S&C

Open to all players, all positions, all ages, all skill levels

COLLEGE PREP PROGRAM VERSION:

5-8 players

\$60 per player

(\$50 college)

90 min long

Focuses on S&D and S&C

Open to College Players, MSFH Elite Players, Sophomores-Seniors, College Bound Players & Invited Players

ALL OTP & CPP PARTICIPANTS WILL COMPLETE AN INITIAL ASSESSMENT, WHICH INCLUDES TESTING AND PROGRAM INTRODUCTION. BRING ALL EQUIPMENT AND BE PREPARED TO MOVE!!