

LAX ACADEMY

“Be The Best”

Get private lacrosse lessons from a former Division I lacrosse player

- Private or group sessions**
- All positions welcome (goalies will learn drills to improve hand eye coordination and reaction time and also how to be the anchor of a defense)**
- Learn everything from skills and proper technique to training and also help with recruiting.**
- Analyze game film**

Instructor: Tom Trapani- Mount Sinai '03

-3 Year captain, All-Division

-University At Albany '07

-2 time captain

-2 America East conference honors

-3Time America East Conference champion

-Quarter finalist in 2007 NCAA tournament

Played 4 years for the 2007 Coach of The Year Scott Marr

Rates: -Individual \$35 1/2 Hr.

\$65 full Hr.

-Group (3 or more) \$30 1/2 Hr.

\$55 full Hr.

Contact Info: E-Mail: LAXACADEMY@GMAIL.COM

Cell Phone: (631) 926-4583

Blog: LAXACADEMY.blogspot.com