



Albany Power Lacrosse Girls Free Clinic

POWER GIRLS

Presented by The Albany Power Lacrosse Club

Girls Graduation Years 2015, 2016, 2017, 2018

1:15-3:00 PM for 2017's and 2018's

3:15-5:00 PM for 2015's and 2016's

(please arrive 30 mins early to register)

Two clinic dates:

December 11th and December 18th

* It is recommended but not required that players attend both dates

PROGRAM OVERVIEW

The Albany Power Lacrosse Club Girls Winter clinics are for girls that are interested in developing both individual and team skills under the supervision of a highly qualified coaching staff. The focus of the winter program is on skill development.

The Albany Power Girls program is being presented by the Albany Power coaching staff with the help of selected local coaches. The program will focus on individual skill development with well designed high repetition drills. The format of the program will be the same as the Albany Power Lacrosse Club.

The directors of the Albany Power have years of experience coaching girls of all ability levels and have worked hard to develop a program appropriate for the girls of the Capital District.

PROGRAM LOCATION

Siena College Indoor Facility
Marcelle Athletic Complex (MAC)
515 Loudon Road
Loudonville, NY 12211

ON-LINE REGISTRATION

To attend free clinics you must register on-line and complete waiver at:

www.albanypowerlacrosse.com

PROGRAM DIRECTORS

Andrea Duffy: *Current Head Coach Siena College ; 2010 MAAC Coach of the Year; Former Head Coach Lees-McRae College; Former assistant Siena College; Former assistant Oneonta State; Former captain and midfielder Frostburg State University*

Leslie DeLano: *Current Head Coach RPI; 2010 Liberty League Semi-Finalist; 2009 ECAC Champion; Former assistant coach RPI; Former assistant Washington College; Former Goalie William Smith College; 2000 National Goalie of the Year; 1st Team NCAA All-American; NCAA Final Four All-Tournament Team*

The Albany Power girls coaching staff will include current college assistants, players and high school coaches. ♦

For questions please visit website or e-mail directors at:

PowerGirls@albanypowerlacrosse.com