

Ironcat Sports Performance in Association with Wildcat Elite Lacrosse Club



Ironcat Sports Performance Overview:

In conjunction with the Wildcat Elite Club, Ironcat Sports Performance camps are offered to assist in the physical development of club members. Three clinics will be offered with dates coinciding with WEC practices, one in the fall, winter and summer. Each clinic consists of four one hour training session focused on developing the complete lacrosse athlete. During the fall and summer the clinics will focus on multi- directional speed development with special attention to running technique, change of direction, deceleration and explosive power needed to become an elite lacrosse player. The winter clinic will possibly be the most beneficial of all of the clinics; it will focus on a functional movement screen that will evaluate each athlete for potential weaknesses and provide corrective exercises to address those needs, it is an invaluable tool for preventing injuries and increasing the efficiency of sport movements. Although information will be provided on proper Energy System Development, this will not be emphasized in any of the clinics.

Staff: Jason Pullara, Ironcat Sports Performance Director

Director of Sports Performance, Northwestern University

- NCAA Tournament & Conference Champions, Lacrosse 2004, 2005, 2006, 2007, 2008, 2009, 2010, & 2011
- National Champions, Lacrosse 2005, 2006, 2007, 2008, 2009 & 2010
- Coached Three Tewaaraton Trophy Winners & Lacrosse Honda Sports Award Winners
- Coached Numerous All-Americans and All-Conference Players
- Certified Strength and Conditioning Specialist (CSCS), FMS certified, TPI Level 1

***Other staff will include current college Sport Performance Coaches and Student-Athletes.*

Athletes will receive

- Individual instruction
- Individual evaluation
- Training Packet & Videos

Dates & Times

Sessions will coincide with Wildcat Elite Lacrosse Club practice dates to ease travel and schedule conflicts. Workouts will begin before or after club practice and each session will last 1 hour. Speed sessions will take place either in the Trienens Indoor facility or on an adjacent field to WEC practice. Winter strength sessions will take place in the Byron S. Coon Sports Performance Center adjacent to Trienens Indoor.

Fall Sessions (Speed) Oct. 23 (3-4 PM), Oct. 30 (3-4 PM), Nov. 5 (1-2 PM), Nov. 13 (1-2 PM)

Winter Sessions (Functional Movement): TBD

Spring Sessions (Speed): TBD

Cost: Individual Seasons (4 sessions): \$100 / All Three Seasons (12 sessions): \$275

Registration: Registration can be completed during the Club Registration Process. If you have already completed Club registration, contact Blake Schierer (b-schierer@womenslax.com) to add the Ironcat Sports Performance session(s).