

ALL-American Goalie Academy

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731 US Route 50 | Milford, OH 45150
www.DNASportsCenter.com



Youth Clinic: Grades 3rd – 8th * \$150 if registered by Sept. 24th
Oct 9th and 10th 1:00pm – 4:00pm * \$175 if registered after Sept. 24th

Youth goalies will be instructed on the proper techniques of:

- Footwork
- Body Positioning
- Balance
- Vocabulary
- Stick Positioning
- Stick Skills
- Mental Attitude
- How to attack the ball with Confidence

Whether you are just starting out or looking to improve your game, this clinic is designed to give you what you need.

H.S. Clinic: Grades 9th – 12th * \$189 if registered by Oct. 23rd
Nov 13th and 14th 1:00pm – 4:00pm * \$209 if registered after Oct. 23rd

High School Clinic instruction consists of:

- Advanced Footwork and Skill Instruction
- Arc Play
- One on One strategies
- The Clearing Game - When and How to start the Fast break
- Advanced Drills and Techniques
- Fine Tuning
- Defensive Communication / Philosophy

This clinic is designed to advance your goalie skills and take your game to the next level. Whatever level you are at, this clinic will challenge you to be the best that you can be.

Athletic Performance Training from the Parisi Speed School, Guaranteed to:

- Improve Speed & Agility
- Increase Strength
- Decrease Susceptibility to injury
- Develop Endurance
- Improve Flexibility
- Boost Confidence

Space is limited! Secure your spot today by registering at www.dnasportscenter.com and choosing Lacrosse in the camp/class menu or by calling 513-600-1519 for more info.

Developing a New Athlete LLC. www.dnasportscenter.com (513) 600-1519

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At *The All American Goalie Academy*, we know the importance of the goalie. You're the last line of defense for your team, and we strive to make you a **Brick Wall** in front of the net. Our instructors are dedicated to the sport of lacrosse and the athletes who play it. With over 30 years of experience in lacrosse, they are some of the best in the sport.

Mark Lynch

Mark is the head coach of the Loveland High School boy's varsity lacrosse team. Coach Lynch played goalie locally for Moeller High School and collegiately for Lynchburg College. As a player, Coach Lynch earned All-Ohio, All-Midwest and All-Vail Tournament honors. While an assistant at Mason High School, he was selected the **US Lacrosse Southern Ohio Chapter Assistant Coach of the Year (2009)**. Mark has coached two All-American goalies, one Ohio Goalie of the Year, along with numerous All-Region and All-State goalies.

Brian Cross:

- Head Varsity Coach - Milford High School
- Played HS at Corning East in New York
- Played College at D3 Elmira College
- Founder and President of Milford Lacrosse Club
- **Over 30 years of experience in Lacrosse**

Jason Sushine:

- Head Varsity Coach - Turpin High School
- Played Goalie at Moeller High School
- **Coaching local goalies privately since 2004 - Each goalie has gone on to play in college.**
- Coached all different levels of Lacrosse since 1998 (Youth, Middle School and HS)

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