



LACROSSE PROGRAMS

TRYOUTS

FOR THE 2009 / 2010 SEASON

TRYOUT DATES AT
WWW.JRMINUTEMENLAX.NET



TRAIN TO BE YOUR BEST. THE EMASS DIFFERENCE

- Professional Players and Experienced Coaches on Staff
- Experienced College Recruiting Coordinator & Recruitment Program
- Enhanced Training Opportunities
- Grade Based Teams with Limited Bench Size
- Competition with the Top 20 Club Programs in the Country



EMASS TRAINING

- Year Round Training Program
- Bi weekly workouts with Catz Performance Training Specialists
- 3 Emass Indoor Developmental Skill Programs Facilities
- 2 Emass Select Team Skill Sessions Locations
- 2 Legacy High School Indoor League locations
- 3 Legacy Youth Indoor League locations
- Summer Weekend Training Camp



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THE EMASS JRM PROGRAM

-DIFFERENT FROM OTHER CLUBS

What sets Emass apart from other club programs.

First, Top coaches. We have 20+ knowledgeable and experienced high school coaches on our staff, many have won multiple State Championships and have developed high school All Americans. All of our coaches serve as a resource for college recruiting and networking for players.

Dave Evans, Former Asst. Coach at Brown University and All World Player is the Director of Recruiting for the program and an invaluable resource when it comes to the difficult college recruiting process. We also have a full time Director of Videography who films all of the Emass JRM recruiting tournament games so that our players have game film to send to college coaches.

Secondly, Intense Training. Using our experienced coaches, three indoor training facilities and our new partnership with Catz[™] we develop and improve our players through intense training programs using US Lacrosse approved techniques. Affiliated, top professionals like Sean Morris Jack Reid, and Billy Daye of the Boston Cannons instruct in offensive, defensive and goalie technique sharing their professional experience with all Emass players .

Lastly, no nonsense admin fees. We do not charge admin fee's, separate tourney or practice fee's. There is one tuition fee for everything that your son needs to excel and become a better lacrosse player offering what we feel is the best value in the market.

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THE EMASS DIFFERENCE

-OUR PROGRAM FEE'S COVER THE FOLLOWING:

- Director of College Recruiting
- Director of Videography
- 2 Coaches Per Team
- 1-2 fall ball tournaments
- 1 indoor tournament
- 17 / 90 minute indoor skill sessions
- College Recruiting Informational Seminar with Top College Coach
- Summer weekend training camp
- Summer Practices
- 2 indoor locations to choose from to train (Canton Sports Plex and Pembroke South Shore Field House)
- Work with Pro Players -
 - Sean Morris
 - Billy Daye
 - Dave Evans
 - Jack Reid
 - Daryl Veltman & more
- 3 Summer Showcase Tournaments
- Catz Strength Training - Nov - Mar. 2 X a week. Needham & Hingham Locations
- STX Practice Uniform
- Custom Game Uniform
- Custom Pro 7 Cascade Helmet
- Custom STX Gloves
- Custom STX gear bag
- Custom STX performance Aparent
- Goalie Lessons from Billy Daye



SEAN MORRIS

Sean Morris has joined the Emass JRM as Co-Director & offensive Coordinator. Seam will also be assisting with college recruiting for the Emass High-School Players.



DAVID EVANS '96

Two-time first team All-American and one of the greatest scorers in Brown lacrosse history, has joined the Emass JRM as Director of College Recruiting.

Dave brings a wealth of knowledge and experience of the game of lacrosse and college contacts.

Evans enjoyed a successful professional career, playing for the Boston Cannons. He was a six-time All-Star before retiring in 2006. He is also the Cannon's all-time leading goal scorer (133).

In 2008/2009, Dave returned to his alma mater where he was the the Asst. Coach at Brown Univ.

EVERYONE'S AN
ATHLETE®



EMASS JR MINUTEMEN ANNOUNCE PARTNERSHIP WITH CATZ PERFORMANCE TRAINING SPECIALISTS

The EMass Jr Minutemen Program is proud to announce a partnership for all the EMass Select Team Players and the Trainers at the Catz Training Center. EMass select team players will now be able to train with the Catz trainers during our winter training period (November - March) twice a week as part of the EMass Minutemen Program design.

We at the EMass JRM recognize the importance of strength and conditioning to bring your game to a higher level. We at EMass are always looking for ways to offer more for our players within our program fee, and at the same time, separate us from other programs. We are confident that with the combination of the indoor skills sessions, mixed with the Catz training, the players in the EMass program will have an edge over the competition on the playing field.

Below is a brief description of the Catz Training Philosophy. All EMass Select Team players will be able to train at either the Hingham or Needham location. Work out times and dates will be set by the EMass JRM Program Staff. EMass players will train with Catz staff with teammates in a group setting.

CATZ TRAINING PHILOSOPHY

HOW DO YOU PREPARE TO BE GREAT?

From professional athletes competing for world championships to kids on local sports teams, CATZ helps elevate everyone's game.

Here is how CATZ helps:

CHAOS Training™

A field of sport is a field of chaos. It is dynamic and continually changing as the relative position of the offense and defense and ball or puck constantly moves. An athlete is required to adjust on the fly, reacting to visual cues and verbal cues. Great athletes not only react to this dynamic situation, but learn to anticipate where the play is going and beat their opponent to the ball. CATZ works to lessen the reaction time by training the athlete to respond quickly to movement and sound.

Developing Athleticism

Athleticism is a combination of strength, power, coordination, flexibility, balance, agility and reactive ability. The athlete will run faster, jump higher, kick harder, throw further, cut quicker and hit harder if these attributes are properly addressed. Only an experienced CATZ coach has the ability to deliver the elements that develop athleticism. The CATZ coach, and his/her commitment to the youth athletes in the facility, is what makes CATZ truly unique.

Train Like Sport™

At CATZ, "Train like sport" is an important concept, and everything we do is aimed at improving performance in the competitive arena. This means that the training must simulate what will actually happen while the athlete is playing. Simply put, exercises need to be dynamic with gravity, ground reaction and momentum playing a major role. We also must utilize full body movements in all three planes of motion and focus on task-oriented exercises. We must react and respond to visual and audible cues with accuracy and speed. If we include all of these variables, we know we have a good start on a training program that will translate into enhanced performance. This method has not only proven to be extremely effective but also fun, safe and exciting which helps to keep athletes motivated to train consistently.

Train Movement, Not Muscle

To be an athlete, one must not only play a sport but also learn to develop athleticism. This can be achieved through proper movement training. In fact, faulty movement patterns as a result of the stress of competition can lead to injury. CATZ athletes learn a foundation of proper movement patterns that allow them to transition to a higher level of training and build upon a foundation of strength and power.