

I am very excited to bring to kids in the Baltimore area the greatest sport I ever played ... BOX LACROSSE! Growing up as a child in Victoria British Columbia, Canada, playing box lacrosse gave me such a great advantage by helping me develop great stick skills and mental toughness. Instead of playing outdoor 9v9 we played 5v5. Real Box Lacrosse has 4'x4.5' goals, and everyone plays offense and defense which is incredible training to get better for the spring/summer outdoor season. In fact all the top College programs now such as Yale, Duke, Denver, Syracuse, Albany and Johns Hopkins just to name a few all play indoor box lacrosse! See what the hype is about ... Register Today!

** The facility is an indoor turf floor with boards.

** Short sticks only and "No cleats"

** We will provide complete goalie pads for goalies as box pads are different than field pads. (4 sets available)

All Pro Box Lacrosse is the most organized, fun and REAL INDOOR BOX LACROSSE training and scrimmages in the Baltimore area! Registration is open for the All Pro Box Lacrosse winter lacrosse training, the APBL - All Pro Box Lacrosse. All players must register individually! APBL will start on Sunday November 4th and runs through Sunday Dec 13th. That is six straight weeks - 12 sessions available! Register before it fills up as we have limited field/floor space. The registration fee is only **\$175.00** per player.

Learn the correct way to play Box Lacrosse with a lot of up and down floor action, pick and roll plays, defense and finishing like the best in the game. We will coach each individual player during 12 one hour sessions with both practices and scrimmages.

We will keep all age groups separated by the following 3 groups:

- 5th and 6th graders
- 7th and 8th graders
- 9th, 10th, 11th and 12th graders

The NERRC floors create the best box lax arena in the area using dasher boards, plexiglass and safety netting. The box arena has a 170'x70' field which is large and perfect for box lacrosse. Flat soled athletic shoes with good support (basketball or training shoes are ideal, NO cleats!).

All Pro Lacrosse (www.allprolax.com) is very experienced at running the best all-around instructional camps that gives you more training for your money in an impressively managed environment. All Pro Lacrosse provides experienced coaches for every team and teaches facets of Box Lax during games, maintain proper substitution shifts and ensure sportsmanship and good behavior. If you would like to register an entire team, please email tom.marechek42@gmail.com and he will tell you how to proceed.

Highlights:

- All Pro Lacrosse pinneys provided for all players
- All Pro provides experienced coaches who will teach facets of Box Lax during games, maintain proper substitution shifts and ensure sportsmanship and good behavior
- Special Goalie Equipment available for free to all goalies or teams can have a real box goalie provided by APBL
- Modified Box Rules to eliminate rough play (no boarding) to ensure safety.
- Rib Pads Strongly Encouraged. Also full length arm pads and shoulder pads are highly recommended for each age group.
- Real Box Lacrosse 4'x4.5' Goals
- High Quality State of the Art Field Turf at NERRC 170'x70' and 190'x80' All-Sport Surface Field

"Come learn the All Pro way"

Tom Marechek's

All Pro/Under Armour Lacrosse

Refund Policy

Refunds will not be issued.