

ACE Training Program

High Performance Program (Off-Season)

The Athlete-Centred Excellence (ACE) High Performance Program is designed for athletes looking to take their lacrosse game to the next level. Based on current evidence-based research, the NCCP (National Coaching Certification Program) and LTAD (Long Term Athletic Development) models, the athletes we are targeting are entering or already in the Train to Train & Train to Compete stage of development, and this program is designed to help prepare them for provincial and national level competition. Beginning with movement screening, fitness testing, and later gym safety, etiquette and familiarity, the off-season strength and conditioning component of this program aims to progress 15 - 18 year olds to exercise independence, and later peak performance. The on-floor component of the program aims to develop the participants technical, tactical and overall cognitive understanding of the sport of lacrosse.



Who is this for?

- Female & Male Athletes ages 15 -18 in the 2022 season **(2005/2006/2007/2008)**



What our program includes

- **40+ hours of Off-Floor Gym Training Sessions**
 - Saint John - For Fitness & Athletics (Rothesay)
 - Fredericton – Canadian Sport Centre Atlantic - High Performance Centre (UNB)
 - Moncton – TBD
- **30 hours of On-Floor Lacrosse Skill Development Sessions**
 - Saint John – Forrest Hills School
 - Moncton - Lewisville Middle School

Program Pricing*

- 1) **Full High-Performance Program:** \$600/Registrant
- 2) **On-Floor HP Program Only:** \$400/Registrant
- 3) **Off-Floor (Gym) Program Only:** \$350/Registrant

***Includes ACE Lacrosse T-Shirt**



Schedule

Saint John

On Floor

Tuesday's - 6:30-800pm

Fredericton

Strength & Conditioning

Tuesday's - 6:00-7:00pm

Saturday's - 11:00am-12:00pm

Moncton

On Floor

Sunday's - 7:30pm-9:00pm

Facilities

Saint John

Forrest Hills School

15 Glengarry Dr, Saint John, NB E2J 2X9

Fredericton

UNB (High Performance Centre - Kin Building)

15 Peter Kelly Dr., Fredericton NB, E3B 5A3

Moncton

Lewisville Middle School

45 McAuley Dr, Moncton, NB E1A 5R8

Registration

To register for the ACE High Performance Program click the following link:

<https://laxnb.ca/ace-high-performance-registration-form/>

Questions

For more information email LNB Technical Director - Chet Koneczny at cheddab21@gmail.com