



Pre-Season Conditioning Bootcamp

Fitness Testing and Performance Training

ERA Sports Company announces our 6 week pre-season conditioning bootcamp specifically designed for lacrosse players. Based on proven lacrosse conditioning principles put into practice at Cornell University our pre-season conditioning bootcamp will prepare all lacrosse players for the upcoming season.

Our conditioning bootcamp will deliver results. We will conduct a baseline physical assessment at the beginning of the Bootcamp on January 14 and a final assessment on February 24th. All participants will be tested and scored on 6 variables: Flexibility, Strength, Power, Speed, Agility, Conditioning. Scores for each test will be collected and shared with each player. We will conduct the same tests at the final assessment so each player can measure the success of their efforts during the bootcamp.

ERA Sports will offer 2 training programs: Instructor Led Group Training and Self Training

Instructor Led

The Instructor Led fitness program includes 1 hour group training 2 times each week at Precision MultiSport with fitness professional Jessica Dare

Group size will be a minimum of 3 students up to maximum of 8

Available time slots are Tu/Thur 4-5 pm, 7-8 pm or Saturdays 9-10 am

The Instructor Led program includes the Baseline and Final Assessment testing and group training 2 times each week at Precision MultiSport located at 2114 Jackson Ave, Evanston

Program Cost: \$350

Self Training

Are you diligent about your fitness? Do you currently work out 3 times each week at a fitness facility?

ERA Sports will send a 3 day workout plan to you every Sunday evening over the 6 week period. You will have access to training videos that will explain each exercise in the plan.

The Self Training program includes the Baseline and Final Assessment testing and weekly training curriculum

Program Cost: \$125



Fitness Program Leader - Jessica Dare

Jessica Dare a life long athlete and motivator in the gym. She's been involved in the health and fitness industry since 2010 as a rehab technician for Athletico Physical Therapy. After years in the field she realized she wanted to be on the other side of the equation. Strengthening and working on stability, mobility, and flexibility with people so that they never have to pay a visit to a physical therapist. Her main goal is deliver safe and functional fitness to clients that improves their lives in several facets.

Education, Experience & Credentials

B.S., Biology

Coaching: Hockey (8+years)

Physical Therapy Rehabilitation Technician: (4 years)

Certification

NSCA-CSCS

Specialties

Core development, Speed and agility, Functional Training, Nutrition, Sport-specific Exercise, Strength and