

NoVa West Lacrosse

The only LAX in Northern Virginia is NoVa West LAX



If you want to improve your skill level so that you can compete in lacrosse at the highest levels sign up for a camp, clinic or personal lesson with Loudoun Counties most prolific offensive player. Coach Pinkston holds the Loudoun County single season and career scoring records and is now a starting attackman at the division I collegiate ranks. Coach Pinkston's U15 team the Virus won two summer select tournaments last summer while amassing a 17-3-1 record.

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| <p>Dodge & Shoot Clinics Nov 28th 4pm - 6pm Dec 18th 6pm - 8pm</p> <p>In this clinic players will get instruction on the most extensive list of dodging techniques, off ball movements, throwing forms and shooting skills. By teaching how each skill works and then perfecting the form through exercise repetitions, the movements become second nature to the players.</p> | <p>Merry LaxMas Dec 28th -30th 9am -1pm</p> <p>This camp is open to all skill levels. Our goal is to help players to continue improving, no matter what current ability level, through a small group session with a great deal of individual attention. We will sprinkle in some individual and group competition to make sure the players have a fun experience.</p> | <p>Attack vs. Defense TBD</p> <p>The Attack vs. Defense camps have been around since 2007. In this camp Coach Pinkston along with a current college defensive coach will work with the players teaching one on one techniques, improving offensive skills while working with defenders to improve footwork and stick techniques for defending against offensive players.</p> | <p>Personal Training As Scheduled</p> <p>Coach Pinkston has had a huge impact on the offensive players that he provides one on one instruction with. Improve your shot speed and accuracy, perfect the art of the effective dodging while learning to see the field better, Contact Coach Pinkston for series of lessons today</p> <p>dpinkston@novawestlax.com</p> |
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TAKE YOUR GAME TO THE NEXT LEVEL WITH NOVA WEST LACROSSE

Register today at www.NoVaWestLAX.com