



The 2010 lacrosse season is fast approaching and with that in mind we will be starting preseason fitness training for all returning and prospective players. These activities are intended to supplement your present fitness program and prepare you for tryouts. Fitness and practices will be held at the following locations and dates:

Justice Institute Gym, 8th Avenue and McBride Blvd., New Westminster  
 Glenbrook Middle School, 701 Park Crescent, New Westminster  
 8 Rinks Ice Sports Facility, 6501 Sprott Street, Burnaby

Friday, February 5	Justice Institute Gym	6:30-8 pm
Wednesday, February 10	Glenbrook Gym	8:30-10 pm
Friday, February 12	Justice Institute Gym	6:30-8 pm
Wednesday, February 17	Glenbrook Gym	8:30-10 pm
Friday, February 19	Justice Institute Gym	6:30-8 pm
Wednesday, February 24	Justice Institute Gym	8-10 pm
Friday, February 26	Justice Institute Gym	6:30-8 pm
Wednesday, March 3	Glenbrook Gym	8:30-10 pm
Friday, March 5	Justice Institute Gym	6:30-8 pm
Friday, March 12	Justice Institute Gym	6:30-8 pm
Wednesday, March 17	Glenbrook Gym	8:30-10 pm
Friday, March 19	8 Rinks Indoor Field	6-7 pm - Practice with full gear
Saturday, March 20	8 Rinks Indoor Field	3-5 pm - Practice with full gear
Wednesday, March 24	Glenbrook Gym	8:30-10 pm
Friday, March 26	8 Rinks Indoor Field	6-7 pm - Practice with full gear

Official tryouts will begin the week of March 29 and a schedule will be distributed in March. On fitness nights at Glenbrook and Justice Institute Gyms please come prepared with workout attire, sticks, gloves, and helmets.

Should you require any further information you can contact either Doug Zack or Lisa Tessarolo at the following numbers and emails:

Doug Zack    604-945-4366 (home)  
 604-861-3805 (cell)  
[generalmanager@jrbellies.com](mailto:generalmanager@jrbellies.com)

Lisa Tessarolo    604-520-0353 (home)  
 604-831-4353 (cell)  
[lisa.tessarolo@telus.net](mailto:lisa.tessarolo@telus.net)

If you plan on attending a please let Lisa know ahead of time.