

Whether you **THINK** you **CAN** or  
**THINK** you **CAN'T**, you'll be right.

- Henry Ford

My Top Student: Jen Cook  
Member of 2011 U-19 Women's Lacrosse  
World Championship Team



# DODGING & SHOOTING

## SKILLS REFINED

### **WHAT YOU WILL LEARN:**

- dodging using the correct footwork
- proper shooting mechanics
- how to get more power on your shot
- shots you need to take
- passes you need to make under pressure
- stick routines to create more freedom
- complete offensive workout



For more information or to set up a session contact **TY COOK**  
**443-824-2601 • [tymofour@gmail.com](mailto:tymofour@gmail.com)**

Ty Cook Bio: Started playing lacrosse at the age of ten ... played varsity lacrosse at St. Paul's School (1970-1971) ... while playing for St. Pauls, won two MSA Championships ... played lacrosse at Washington College (1972-1975) where he tied a school record for most goals in a season by a mid-fielder ... named to the South Team at the North/South All-American Game in Ithaca, NY (1975) ... played club ball with the Chesapeake Lacrosse Club and the Mt. Washington Lacrosse Club.

Coached for eight years with the Lutherville Rec Girls Lacrosse Program - Junior A Team for three years ... coached for six years with the Skywalkers Lacrosse Club - recruiting year coach for four years ... no current club affiliation ... currently in US Lacrosse coaches certification program.

**Individual & Group Sessions**  
**Team Clinics**

**Will travel to meet your needs**

**When a person puts a limit on what they will do,  
they put a limit on what they can do.**