



REGIONAL ACADEMY CONNECTICUT

MEN'S COACHES' SCHEDULE

SATURDAY, JANUARY 17

8:30 am	Check-In	
9:00 am	Casey D'Annolfo, Tufts University	Up-Tempo Offense
10:15 am	Sean Quirk, Springfield College	Developing the Entire Goalie
11:30 am	Paul McDermott, Huntington HS (Retired)	Practice with Purpose: Game-Ready Drills for Winning Lacrosse
12:30 pm	LUNCH	
1:30 pm	Chris Doctor, Sacred Heart Univ.	Playing with Pace
2:45 pm	Andy Shay, Yale University	How I Would Run Your First Spring Practice
4:00 pm	Networking Social	
6:00 pm	Hockey Game	

SUNDAY, JANUARY 18

9:00 am	Adrian Torok-Orban, Fairfield Univ.	Offensive Fundamentals & Concepts
10:00 am	Matt Nunes, Fairfield Univ.	Goalie 101: How to Train Youth/High School Goalies
11:00 am	Jordan Hirsch/ Chris Spillane Somers HS (NY)	Bricks, Sharks, & Elmo: Bringing Your Identity From a Poster to the Field