



GRADUATION YEAR 2023/2024



# WINTER BOX TRAINING

SESSION ONE / FIVE 90 MINUTE SESSIONS

12/2, 12/9, 12/16, 1/6, 1/13 / 2-3:30PM

Maplezone Field House, 1451 Conchester Hwy, Garnet Valley, PA 19061



**PAUL DENIKEN**  
COACH

- Philadelphia Wings Player and Coach
- 4 X World Champion
- Wings 5th All Time Leading Goal Scorer



**ADAM MUELLER**  
COACH

- Team USA Box Offensive Coordinator
- NLL Coach of the Year 2008
- 3 X World Champion



**MIKE TWOHIG**  
COACH

- Henderson All American
- Drexel 4 Year Starter
- Drexel Hall of Fame



**MIKE NOON**  
COACH

- Lehigh University
- Major League Lacrosse
- Florida Launch