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3d lacrosse

is excited to announce the

Jackson Hole Lacrosse Club Spring Training Weekend, April 14th - 16th, 2017

Jackson Hole Lacrosse Club coaches,
players and families:

3d Lacrosse is heading to Wyoming to immerse Jackson Hole Lacrosse Club boys and girls players in cutting-edge training as part of an April weekend skills development workshop.



Thomas Bragg, a Senior Manager with Portland-based 3d Oregon, will lead the workshop, which be held April 14 through April 16 at the Middle School and Alpine Fields. Prior to the weekend, on Thursday, April 13, Bragg will lead an informational coaches meeting and presentation at the Teton Science Schools Journeys Schools campus.

“We are fired up to be bringing advanced lacrosse training to Wyoming, where the sport is just really starting to grow in popularity and could likely take off,” said Bragg, who worked for four years with 3d New England in Boston, where he was instrumental in establishing 3d’s girls club teams and girls programming for the region.

Known for his energy and his passion as a coach, Bragg is a former college lacrosse player at Tufts University, where he was a member of the 2010 NCAA Division III championship team.

Bragg has experience coaching lacrosse at a range of levels — from training youth and high school boys and girls, to his experience as an assistant for Division III Bowdoin College and later at Notre Dame de Namur in San Francisco. He has been a national evaluator for 3d Lacrosse at regional and national events and has been active in helping to create and grow camp and event offerings.



Bragg, who hails from Maine, now coaches both boys and girls lacrosse players for 3d Oregon as part of his many responsibilities. He will kick off the instruction Friday evening and will be joined by current 3d Oregon girls coach Kelly Curran. In addition to coaching 3d Oregon’s 2019 girls squad, Curran is the assistant coach at Wilsonville High School in Portland.

The Friday night training session of the Jackson Hole workshop starts with the first on-field action for the U9 and U11 boys groups.

On Saturday, training sessions for all groups will run throughout the day beginning in the morning. Each field session includes an hour of training in the 3d Methodology, followed by another hour of small-sided scrimmages, games and contests that will challenge players to implement the skills and tactics they are exposed to in the training sessions.

A break in the action Saturday will allow the players to view the varsity high school matchup taking place nearby between the JHLC High School boys squad and the Borah High School Lions.

Training sessions will run through Sunday afternoon. Along the way, players will have the chance to receive prizes and giveaways such as heads, handles and mesh from STX Lacrosse, 3d Lacrosse's official equipment partner. Players also have the chance to receive custom 3d Lacrosse apparel and accessories from Nike.



“We’re excited to create a fast-paced, fun learning environment that will help the Jackson Hole players grow their love for the game and their understanding of it,” Bragg said.

“We’re looking forward to helping local coaches, players and families get the most out of the weekend and we’re going to give it our all in teaching the players how to develop skill to play the game at a high level. One weekend like this can really make a difference for a lot of players.”

Additional information can be found at www.jacksonholelacrosse.com. You can also contact Tom Bragg directly at tbragg@3dlacrosse.com.