

MKE STING SHOWCASE

U18 U17 U16 U15
GIRLS



The MKE Sting Showcase is for players who are looking to prepare themselves before the November 13-14 club tryout weekend here in the Badger Region.

Players will be separated by age division and then taken through a full schedule of training by the MKE Sting Coaching Staff. The Showcase is the perfect way for players to shake off the rust and perform to the best of their ability in preparation for tryouts.

Player highlight video from the showcase is also available upon request. Players will also be taken through a workout led by our professional trainer from Athletic Performance.

SHOWCASE AGENDA



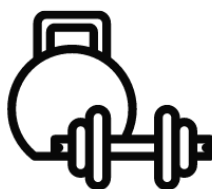
**SPEED, AGILITY,
JUMP STATIONS**



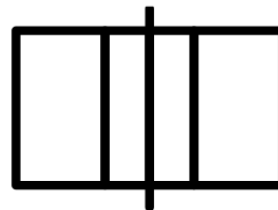
**SKILL
WORK**



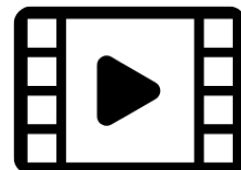
**POSITION
DRILLS**



**AP
WORKOUT**



**6 vs 6
COMPETITION**



**VIDEO
FEEDBACK**



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