



# Dip n Dunk Lacrosse Winter Goalie Clinics

Fun and Innovative Drills to improve all aspects of  
goalie play for Boys and Girls!

Stance  
Positioning  
Hand Eye Coordination  
Footwork  
Save Fundamentals  
Bounce Shots  
Stick Work and Clearing  
Leadership

January 15th 3:00 - 5:00 pm  
and  
February 25th 4:30 - 6:30 pm

Indoor365  
16-22 N US Route 9W Unit 22, Congers,  
NY 10920, USA

\$ 60 per session

To register email  
[dndlacrosse@gmail.com](mailto:dndlacrosse@gmail.com)



## *James Amandola*

### **Coach**

- Current Manhattan College Asst Coach
- Six year Varsity Head Coach Tappan Zee
- Section 1 Class B Coach of Year 2017
- 2x Rockland County Coach of Year 2016, 2017
- 5x League Champions

### **Player**

- USILA North / South team All Star 2002
- MAAC Conference Defensive Player of the Year 2002
- .685% Save Percentage led NCAA Division 1 2002
- Manhattan College Hall of Fame Inductee 2012
- 1043 career saves. 2nd most in NCAA history Division 1
- 3533 minutes played. 7th most in NCAA history Division 1

[dipndunklacrosse.com](http://dipndunklacrosse.com)