



ADVNC LACROSSE

BOYS SELECT TEAMS



ADVNC[®]

ADVNC PLAYERS

150+ ADVNC players have played in or are committed to play college lacrosse across all levels.

ADVNC COACHES

Most coaches played in college and many are former or current pro and college players.

ADVNC TRAINING SYSTEM

The “ATS” uses proven training techniques to maximize players’ potential. Using a hybrid of traditional and cutting edge training techniques, we emphasize teaching an up-tempo and fun style of lacrosse at all our practices.

ADVNC RECRUITING

We help all of our players who want to play in college find the best fit for them. Our network of current college coaches is unmatched.

TOURNAMENTS

Our teams play in the best local, regional and national tournaments as well as exclusive, invite only 'boutique events' with other top teams in the country.

NATIONAL DEVELOPMENT PROGRAM (NDP)

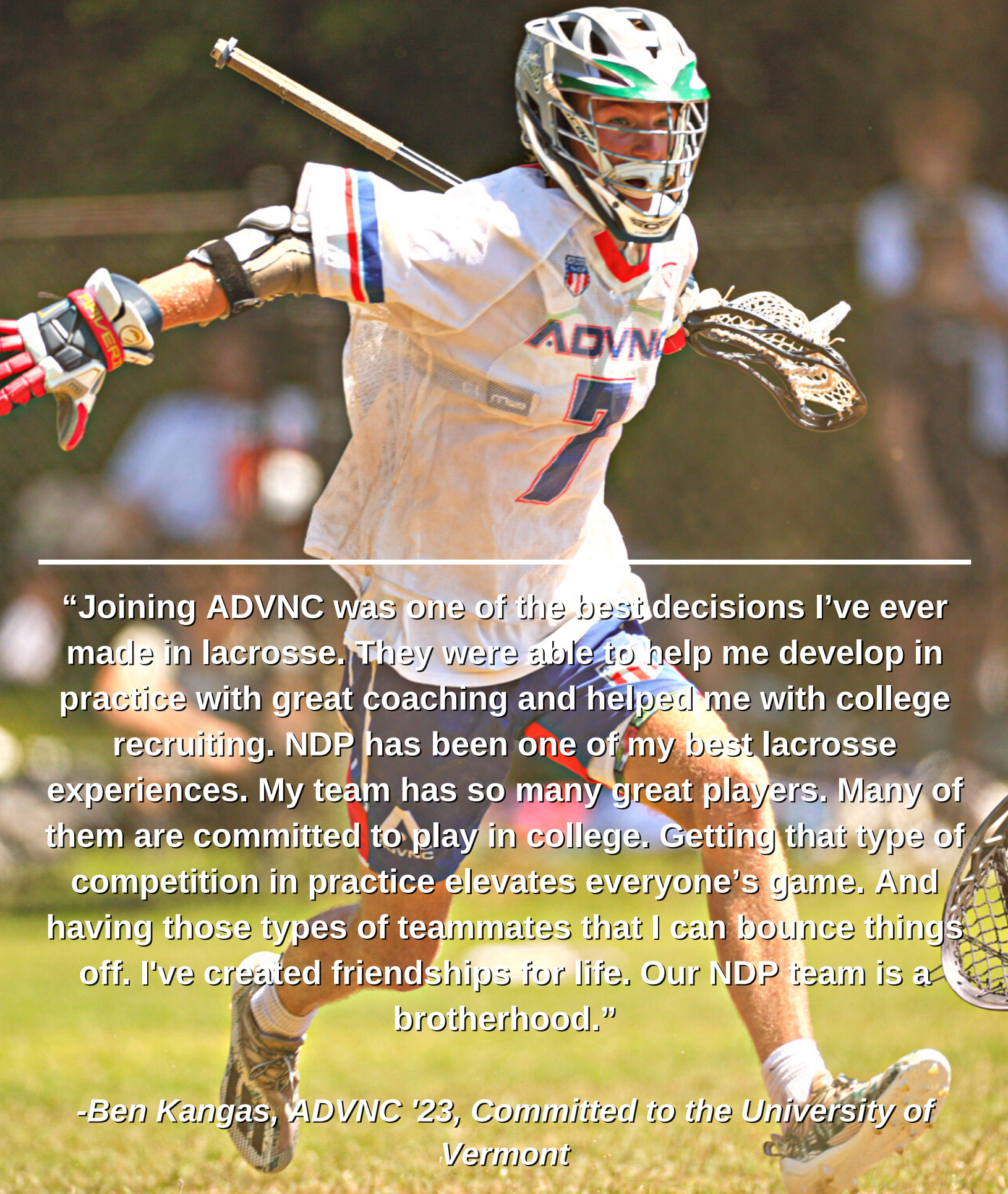
An exclusive collection of the best players from all our Regions + the Seattle Starz, Team Oregon & South Sound. Our NDP teams are recognized on the National level as being among the top teams in America. 90% of our NDP players go onto play college lacrosse.

PROVEN SYSTEM. PROVEN RESULTS.

ADVNC[®]

Regional, NDP NorCal & NDP Structure





“Joining ADVNC was one of the best decisions I’ve ever made in lacrosse. They were able to help me develop in practice with great coaching and helped me with college recruiting. NDP has been one of my best lacrosse experiences. My team has so many great players. Many of them are committed to play in college. Getting that type of competition in practice elevates everyone’s game. And having those types of teammates that I can bounce things off. I’ve created friendships for life. Our NDP team is a brotherhood.”

-Ben Kangas, ADVNC '23, Committed to the University of Vermont

Regional (SF, North Bay, East Bay & Sacramento)



- Weekly Team Practices
- ATS Skill Sessions: Position & skill focused instruction designed to make each player better and prepare them for Tournaments
- 2-3 tournaments per season on the West Coast

ADVNC NDP NorCal



- Top players from ADVNC Regional Teams
- Consistent training sessions in Summer, Fall, & Winter
- 1-2 elite tournaments per season on East & West Coast

ADVNC National Development Program (NDP)

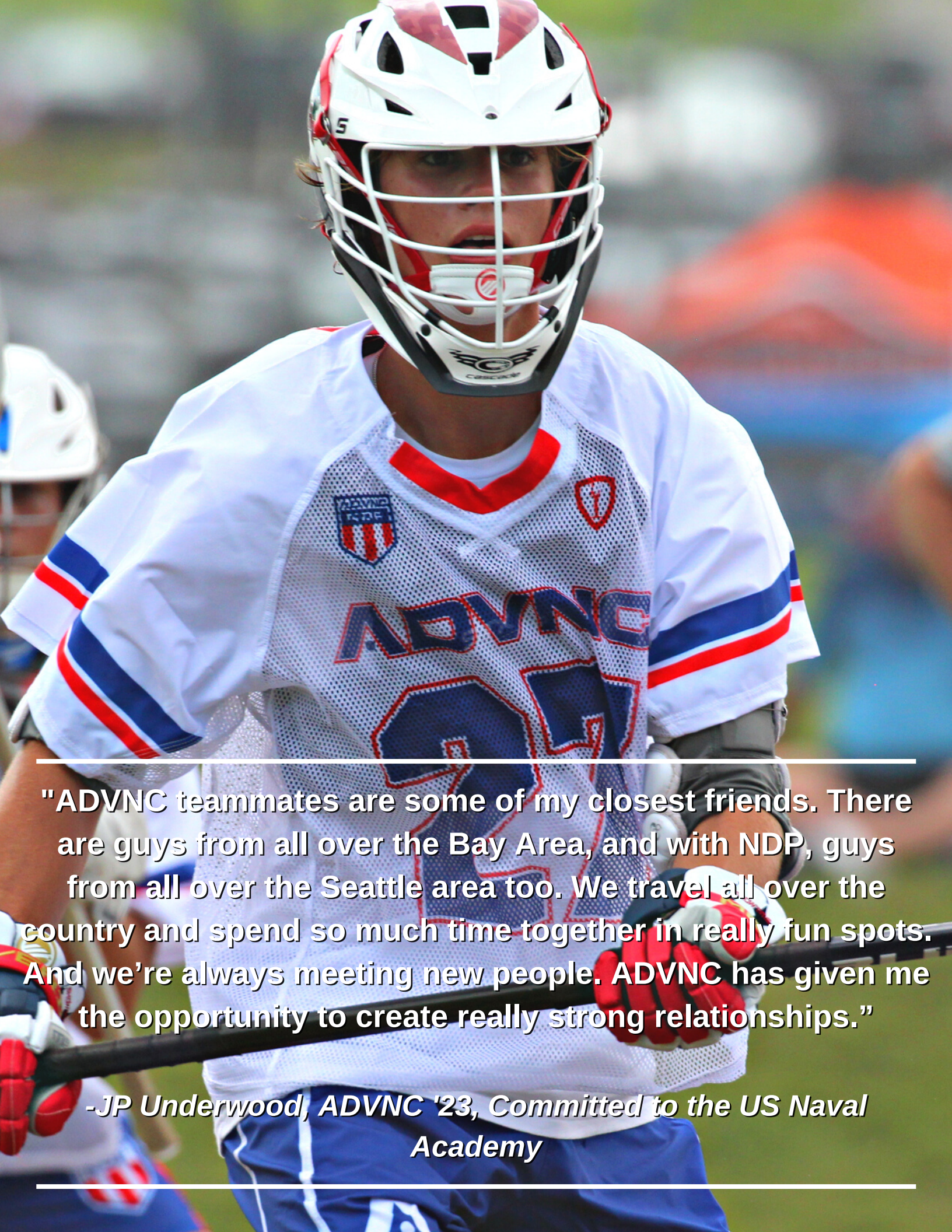


- Top players from Pacific Northwest (NDP NorCal, Seattle Starz, Team Oregon, and South Sound)
- 2 National-level tournaments per season on the East & West Coast

West Coast Starz/Nike Nationals



- For players looking for more lacrosse, our schedules are built to not conflict with West Coast Starz's top Tournaments or with Nike National All Star Games



"ADVNC teammates are some of my closest friends. There are guys from all over the Bay Area, and with NDP, guys from all over the Seattle area too. We travel all over the country and spend so much time together in really fun spots. And we're always meeting new people. ADVNC has given me the opportunity to create really strong relationships."

-JP Underwood, ADVNC '23, Committed to the US Naval Academy

ADVNC YOUTH PROGRAM - 10U

Every young player starts out learning the basics: throwing, catching, ground balls, how to be a good teammate and how to be coached.

In the ADVNC Youth Program, we build on this foundation and work to instill and develop a love of lacrosse that will last a lifetime.

Practices: approximately 45-50 hours through the year. Practices are scheduled to avoid conflicts with local rec teams.

Tournaments: 2 tournaments in the Fall/Winter & 3 tournaments in the Summer. All at the local and regional level.




ADVNC MIDDLE SCHOOL PROGRAM - 12U & 14U

Middle school lacrosse is a time of increased excitement & intensity. We build on the foundations set in our 10U Program, and increase our focus on players' skill & team development.

Practices: approximately 45-50 hours through the year. Practices are scheduled to avoid conflicts with local rec teams.

Tournaments: 2-3 tournaments in the Fall/Winter & 3 tournaments in the summer. All at the regional level, with travel to neighboring states in the Summer. All tournaments are aimed at playing elite competition.



"Around middle school, I knew playing in college was something I really wanted to work for. Coach Rotelli was super helpful. He would reach out to schools on my behalf. He's been so supportive and helpful with my decisions and thought process."

-Brayden Stroh, ADVNC '23, Committed to the US Military Academy

ADVNC HIGH SCHOOL PROGRAM

Focused on pushing players to their highest potential and helping them reach their dream of playing college lacrosse. We provide best in class college recruiting assistance and guidance, focused on finding the college fit, academically & athletically for each player.

Practices: approximately 45-50 hours through the year. Practices are scheduled to avoid conflicts with other sports and High School teams.

Tournaments: 2-3 tournaments in the Fall/Winter & 2-3 tournaments in the Summer. All at the regional level, with travel to neighboring states in the Summer. All tournaments are aimed at playing elite competition.





“Getting to play for ADVNC NDP is the best thing that has happened to me. ADVNC made me realize that lacrosse isn’t just for trying to go to college. It’s also for building relationships that I could have for the rest of my life.”

-Gavin Dallas, ADVNC NDP '23, Committed to the University of Denver

ADVNC NDP PROGRAM

NDP: National Development Program is the pinnacle of the ADVNC Program. This is a collection of the top players chosen from the four ADVNC Regions, Seattle Starz, Team Oregon & South Sound.

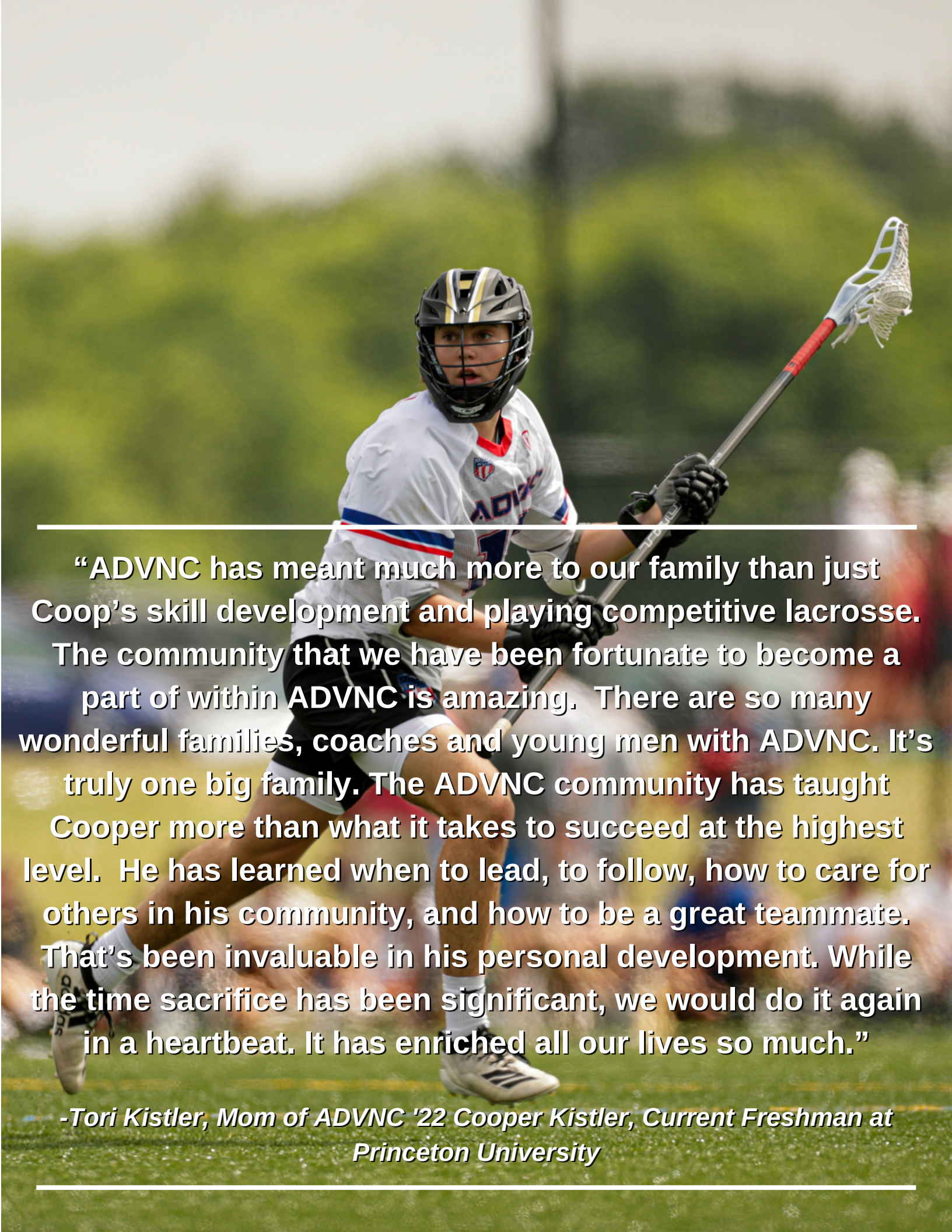
During the Fall & Summer, NDP players participate in Training Camps in the Bay Area. These training sessions focus on individual and skill development in college -style, fast paced, competitive practices.

Teams for 2023-2024 (HS Graduating Years): 2024, 2025, 2026, 2027, 2028, 2029, & 2030

Tournaments: NDP Teams compete at the most exclusive and competitive Tournaments in the Nation, often in front of the top college coaches for recruiting purposes.

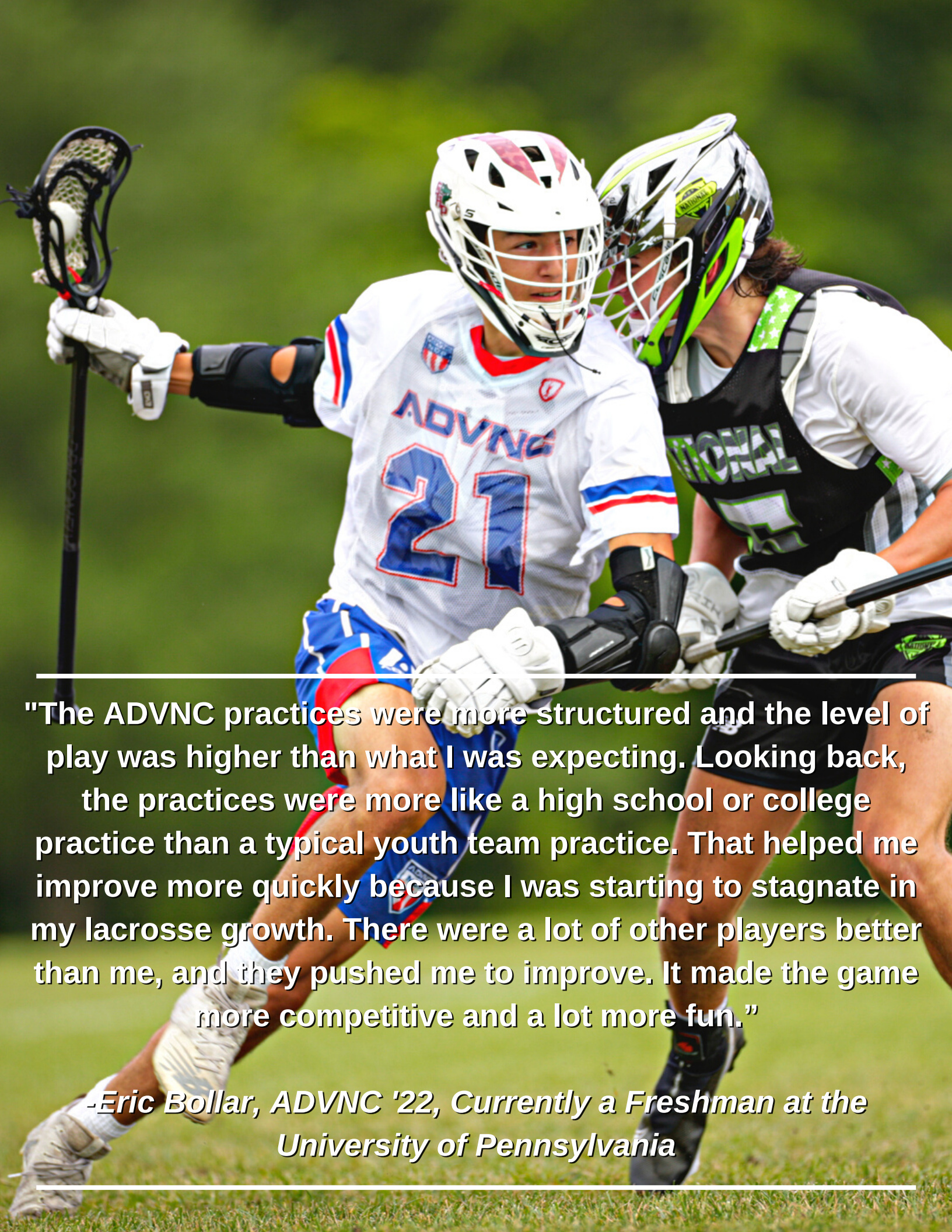
NDP Teams will play 2 Tournaments in the Fall/Winter & 2 Tournaments in the Summer





“ADVNC has meant much more to our family than just Coop’s skill development and playing competitive lacrosse. The community that we have been fortunate to become a part of within ADVNC is amazing. There are so many wonderful families, coaches and young men with ADVNC. It’s truly one big family. The ADVNC community has taught Cooper more than what it takes to succeed at the highest level. He has learned when to lead, to follow, how to care for others in his community, and how to be a great teammate. That’s been invaluable in his personal development. While the time sacrifice has been significant, we would do it again in a heartbeat. It has enriched all our lives so much.”

-Tori Kistler, Mom of ADVNC '22 Cooper Kistler, Current Freshman at Princeton University



"The ADVNC practices were more structured and the level of play was higher than what I was expecting. Looking back, the practices were more like a high school or college practice than a typical youth team practice. That helped me improve more quickly because I was starting to stagnate in my lacrosse growth. There were a lot of other players better than me, and they pushed me to improve. It made the game more competitive and a lot more fun."

-Eric Bollar, ADVNC '22, Currently a Freshman at the University of Pennsylvania
