

REVLAX @HOME CURRICULUM : WEEK 1

MARCH 22-28



Webinar Registration Link for 21s-24s

<https://attendee.gototraining.com/r/2827700220772925186>

Webinar Registration Link for 25-29s

<https://attendee.gototraining.com/r/7115315082517993474>

Webinar Reflection Link for all Players

<https://www.surveymonkey.com/r/ZVKYZRN>

DAY	ACADEMICS	FITNESS	LACROSSE IQ	STICKWORK	TECHNIQUE	TOUCH
Sunday, March 22	<p>Learn the SAT Word of the Day Check your Email (Check junk folder if you don't receive)</p> <p>REVLax Recommended Read of the Day Check your Email (Check junk folder if you don't receive)</p> <p>30 Minutes of Reading Read for 30 minutes a day!</p>	<p>Warm Up/Stretch: Reference REVLax's Warm Up Vid</p> <p>Jump Rope : 2 sets of 5 minutes</p> <p>Timed Mile: On a treadmill, road or track - track your time!</p> <p>Push Ups: 3 sets of max out (as many as you can do)</p>	<p>Register for Thursday's Webinar! Link above</p>	<p><u>2021s-2026s</u> 2x per day wallball challenge Execute on GroupMe</p> <p><u>2027s-2029s</u> 15 minutes of catching/passing With a parent, sibling or on a wall/bounceback</p>	<p><u>2021s-2026s</u> Split Dodge to a Shot 10 min of practice If you don't have a net, hit a specific spot on your wall/bounceback after the dodge</p> <p><u>2027s-2029s</u> Split Dodge 10 min of Split Dodge practice</p>	<p>Pops Level A: Hold stick one handed, as if you are walking the dog. Pop the ball up as high as you can, powered by your wrist, NOT your elbow</p> <p>2021s-2026s: 50 in a row, butt end grip, ball has to go higher than shoulder</p> <p>2027s-2029s: 25 in a row, middle grip, ball has to go higher than chest</p>
Monday, March 23	<p>Learn the SAT Word of the Day Check your Email (Check junk folder if you don't receive)</p> <p>REVLax Recommended Read of the Day Check your Email (Check junk folder if you don't receive)</p> <p>30 Minutes of Reading Read for 30 minutes a day!</p>	<p>Warm Up/Stretch: Reference REVLax's Warm Up Vid on Site</p> <p>Ladder Level A: 1min as fast as you can, repeat 3x. Reference REVLax's Tutorial Vid on Site</p> <p>Bounds Level A: 3 sets of 10, Reference REVLax's Tutorial Vid on Site</p>	<p>OFF</p>	<p><u>2021s-2026s</u> 2x per day wallball challenge Execute on GroupMe</p> <p><u>2027s-2029s</u> 15 minutes of catching/passing With a parent, sibling or on a wall/bounceback</p>	<p>OFF</p>	<p>Pops Level A: Hold stick one handed, as if you are walking the dog. Pop the ball up as high as you can, powered by your wrist, NOT your elbow</p> <p>2021s-2026s: 50 in a row, butt end grip, ball has to go higher than shoulder</p> <p>2027s-2029s: 25 in a row, middle grip, ball has to go higher than chest</p>
Tuesday, March 24	<p>Learn the SAT Word of the Day Check your Email (Check junk folder if you don't receive)</p> <p>REVLax Recommended Read of the Day Check your Email (Check junk folder if you don't receive)</p> <p>30 Minutes of Reading Read for 30 minutes a day!</p>	<p>Warm Up/Stretch: Reference REVLax's Warm Up Vid</p> <p>Jump Rope: 3 sets of 5 minutes</p> <p>1 Mile Sprints: Road - Sprint/jog every other telephone pole. Track - Sprint the Curves, jog the straight</p> <p>Push Ups: 3 sets of max out (as many as you can do)</p>	<p>OFF</p>	<p><u>2021s-2026s</u> 2x per day wallball challenge Execute on GroupMe</p> <p><u>2027s-2029s</u> 15 minutes of catching/passing With a parent, sibling or on a wall/bounceback</p>	<p><u>2021s-2026s</u> Split Dodge to a Shot 15 min of practice If you don't have a net, hit a specific spot on your wall/bounceback after the dodge</p> <p><u>2027s-2029s</u> Split Dodge 15 min of Split Dodge practice</p>	<p>OFF</p>
Wednesday, March 25	<p>Learn the SAT Word of the Day Check your Email (Check junk folder if you don't receive)</p> <p>REVLax Recommended Read of the Day Check your Email (Check junk folder if you don't receive)</p> <p>30 Minutes of Reading Read for 30 minutes a day!</p>	<p>REST DAY</p>	<p>OFF</p>	<p>REST DAY</p>	<p>REST DAY</p>	<p>REST DAY</p>

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Thursday, March 26	<p>Learn the SAT Word of the Day Check your Email (Check junk folder if you don't receive)</p> <p>REVLax Recommended Read of the Day Check your Email (Check junk folder if you don't receive)</p> <p>30 Minutes of Reading Read for 30 minutes a day!</p>	<p>Warm Up/Stretch: Reference REVLax's Warm Up Vid on Site</p> <p>Ladder Level A: 1min as fast as you can, repeat 3x. Reference REVLax's Tutorial Vid on Site</p> <p>Bounds Level A: 3 sets of 10, Reference REVLax's Tutorial Vid on Site</p>	<p>Lacrosse IQ Webinar #1 3-3:45pm 2025s-2029s 4-4:45pm 2021s-2024s</p>	<p>2021s-2026s 2x per day wallball challenge Execute on GroupMe</p> <p>2027s-2029s 15 minutes of catching/passing With a parent, sibling or on a wall/bounceback</p>	<p>2021s-2026s Split Dodge to a Shot 15 min of practice If you don't have a net, hit a specific spot on your wall/bounceback after the dodge</p> <p>2027s-2029s Split Dodge 15 min of Split Dodge practice</p>	<p>Pops Level A: Hold stick one handed, as if you are walking the dog. Pop the ball up as high as you can, powered by your wrist, NOT your elbow</p> <p>2021s-2026s: 50 in a row, butt end grip, ball has to go higher than shoulder</p> <p>2027s-2029s: 25 in a row, middle grip, ball has to go higher than chest</p>
Friday, March 27	<p>Learn the SAT Word of the Day Check your Email (Check junk folder if you don't receive)</p> <p>REVLax Recommended Read of the Day Check your Email (Check junk folder if you don't receive)</p> <p>30 Minutes of Reading Read for 30 minutes a day!</p>	<p>Warm Up/Stretch: Reference REVLax's Warm Up Vid</p> <p>Jump Rope : 3 sets of 5 minutes</p> <p>Timed Mile: On a treadmill, road or track - track your time!</p> <p>Push Ups: 3 sets of max out (as many as you can do)</p>	<p>Reflection Assignment Complete the Reflection Survey. Link Below</p>	<p>2021s-2026s 2x per day wallball challenge Execute on GroupMe</p> <p>2027s-2029s 15 minutes of catching/passing With a parent, sibling or on a wall/bounceback</p>	<p>2021s-2026s Split Dodge to a Shot 15 min of practice If you don't have a net, hit a specific spot on your wall/bounceback after the dodge</p> <p>2027s-2029s Split Dodge 15 min of Split Dodge practice</p>	<p>Pops Level A: Hold stick one handed, as if you are walking the dog. Pop the ball up as high as you can, powered by your wrist, NOT your elbow</p> <p>2021s-2026s: 50 in a row, butt end grip, ball has to go higher than shoulder</p> <p>2027s-2029s: 25 in a row, middle grip, ball has to go higher than chest</p>
Saturday, March 28	<p>Learn the SAT Word of the Day Check your Email (Check junk folder if you don't receive)</p> <p>REVLax Recommended Read of the Day Check your Email (Check junk folder if you don't receive)</p> <p>30 Minutes of Reading Read for 30 minutes a day!</p>	<p>Warm Up/Stretch: Reference REVLax's Warm Up Vid on Site</p> <p>Ladder Level A: 1min as fast as you can, repeat 3x. Reference REVLax's Tutorial Vid on Site</p> <p>Bounds Level A: 3 sets of 10, Reference REVLax's Tutorial Vid on Site</p>	<p>OFF</p>	<p>2021s-2026s 2x per day wallball challenge Execute on GroupMe</p> <p>2027s-2029s 15 minutes of catching/passing With a parent, sibling or on a wall/bounceback</p>	<p>2021s-2026s Split Dodge to a Shot 15 min of practice If you don't have a net, hit a specific spot on your wall/bounceback after the dodge</p> <p>2027s-2029s Split Dodge 15 min of Split Dodge practice</p>	<p>Pops Level A: Hold stick one handed, as if you are walking the dog. Pop the ball up as high as you can, powered by your wrist, NOT your elbow</p> <p>2021s-2026s: 50 in a row, butt end grip, ball has to go higher than shoulder</p> <p>2027s-2029s: 25 in a row, middle grip, ball has to go higher than chest</p>