

MARCH 29-APRIL 4



DAY	ACADEMICS	FITNESS	LACROSSE IQ	STICKWORK	TECHNIQUE	TOUCH
Sunday, March 29	<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>Ladder Level B: 1min as fast as you can, repeat 3x. Reference REVLax's Tutorial Vid on Site</p> <p>Bounds Level B: 10x each w/ 30 sec rest b/w each exercise. Repeat 3x with 1 min rest when all exercises are complete. Reference REVLax's Tutorial Vid on Site</p>	<p>Register for this week's Webinars! Link at the end of document</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 10 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 10 min of Split Dodge practice</p> <p>2021s TEST DAY Submit a video to the @Home GroupMe with 3 Right-Left Split Dodges to a low corner shot. Then submit same thing Left-Right.</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: 3 sets of 50 in a row, butt end grip, ball goes to shoulder</p> <p>2027s-2029s: 3 sets of 25 in a row, middle grip, ball has to chest</p>
Monday, March 30	<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: Jump Rope : 3 sets of 5 minutes</p> <p>Timed Mile: On a treadmill, road or track - beat last week!</p> <p>Push Ups: 3 sets of max out (as many as you can do) ater each Jump Rope Set</p>	<p>GrouMe Stickwotk Webinar: 4-5pm For 21s-26s who have questions about passing their current WB routine on GroupMe</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 10 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 10 min of Split Dodge practice</p> <p>2022s TEST DAY Submit a video to the @Home GroupMe with 3 Right-Left Split Dodges to a low corner shot. Then submit same thing Left-Right.</p>	<p>OFF</p>
Tuesday, March 31	<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>
Wednesday, April 1	<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>1 Mile Sprints: Road - Sprint/jog every other telephone pole. Track - Sprint the Curves, jog the straight</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 10 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 10 min of Split Dodge practice</p> <p>2023s TEST DAY Submit a video to the @Home GroupMe with 3 Right-Left Split Dodges to a low corner shot. Then submit same thing Left-Right</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: 3 sets of 50 in a row, butt end grip, ball goes to shoulder</p> <p>2027s-2029s: 3 sets of 25 in a row, middle grip, ball has to chest</p>

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Thursday, April 2	<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>Ladder Level B: 1min as fast as you can, repeat 3x. Reference REVLax's Tutorial Vid on Site</p> <p>Push Ups: 3 sets of max out (as many as you can do) after each ladder</p> <p>Bounds Level B: 10x each w/ 30 sec rest b/w each exercise. Repeat 3x with 1 min rest when all exercises are complete. Reference Vid on Site</p>	<p>Lacrosse IQ Webinar #2 3-3:45pm 2025s-2029s 4-5pm: 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 10 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 10 min of Split Dodge practice</p> <p>2024s TEST DAY Submit a video to the @Home GroupMe with 3 Right-Left Split Dodges to a low corner shot. Then submit same thing Left-Right</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: 3 sets of 50 in a row, butt end grip, ball goes to shoulder</p> <p>2027s-2029s: 3 sets of 25 in a row, middle grip, ball has to chest</p>
Friday, April 3	<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 2 Mile: On a treadmill, road or track - track your time!</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 10 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 10 min of Split Dodge practice</p> <p>2025-2026s TEST DAY Submit a video to the @Home GroupMe with 3 Right-Left Split Dodges and then 3 Left-Right split dodges</p>	<p>OFF</p>
Saturday, April 4	<p>Review SAT Words 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>Ladder Level B: 1min as fast as you can, repeat 3x. Reference REVLax's Tutorial Vid on Site</p> <p>Push Ups: 3 sets of max out (as many as you can do) after each ladder</p> <p>Bounds Level B: 10x each w/ 30 sec rest b/w each exercise. Repeat 3x with 1 min rest when all exercises are complete. Reference 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 10 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 10 min of Split Dodge practice</p> <p>TEST DAY FOR ALL WHO FAILED. Players who did not pass will resubmit this day</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: 3 sets of 50 in a row, butt end grip, ball goes to shoulder</p> <p>2027s-2029s: 3 sets of 25 in a row, middle grip, ball has to chest</p>

Lacrosse IQ Webinar #2 Registration Link for 21s-24s

<https://attendee.gototraining.com/r/2294079740174908418>

Lacrosse IQ Webinar #2 Registration Link for 25-29s

<https://attendee.gototraining.com/r/630614304861447938>

GroupMe Webinar for 21s-26s Who Have Questions

<https://attendee.gototraining.com/r/3191926641768026370>

Webinar Reflection Link for all Players

<https://www.surveymonkey.com/r/SJ7FQNJ>