

APRIL 5 - APRIL 11

DAY	ACADEMICS	FITNESS	LACROSSE IQ	STICKWORK	TECHNIQUE	TOUCH
Sunday, April 5	<p>Learn the SAT Word 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. Take a time lapse vid and submit to the @Home Curriculum GroupMe for feedback!</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) after each Jump Rope Set</p>	OFF	<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><u>2021s TEST DAY</u> 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, April 6	<p>Learn the SAT Word 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 C: Do each exercise for 2min as fast as you can. Only 30 sec rest between exercise. Reference REVlax's Tutorial Vid on Site</p> <p>Bounds Level C: 10x each w/ 30 sec rest b/w each exercise. 1 min rest when all exercises are complete. Repeat 3x. Reference Vid on Site</p> <p>Workout with Ky: Home workout Video with REVlax Coach, Kyleigh!</p>	OFF	<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><u>2022s TEST DAY</u> 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>	OFF
Tuesday, April 7	<p>REVlax Recommended Read of the Day Check your Email (Check junk folder if you don't receive)</p> <p>Review Day Review past SAT Words</p>	<p><u>2021s-2024s</u> 5pm Zoom workout with REVlax Trainer, Joe! Players will receive an email to join the Zoom Call.</p> <p><u>2025s-2029s</u> Rest day for fitness</p>	<p>Register for this week's Webinars! Email will be sent out with links on Tuesday, April 7th!</p>	OFF	<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><u>2023s TEST DAY</u> 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>
Wednesday, April 8	<p>Learn the SAT Word 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><u>2021s-2024s</u> Rest day for fitness</p> <p><u>2025s-2029s</u> 5:30pm Zoom workout with REVlax Trainer, Joe! Players will receive an email to join the Zoom Call.</p>	<p><u>2021-2024s</u> 3:30-4pm SET UP Webinar to ensure the works perfectly!</p> <p><u>2025s-2029s</u> 4:30-5pm Webinar to ensure the works perfectly!</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>	OFF	OFF

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Thursday, April 9	<p>REVLax Recommended Read of the Day Check your Email (Check junk folder if you don't receive)</p> <p>Review Day Review past SAT Words</p>	<p>Warm Up/Stretch: Reference REVLax's Warm Up Vid</p> <p>Timed 2 Mile: On a treadmill, road or track - track your time!</p> <p>Workout with Ky: Home workout Video with REVLax Coach, Kyleigh!</p>	<p><u>2025s-2029s</u> Lacrosse IQ Webinar #2/#3 3-4pm</p> <p><u>2021s-2024s</u> Lacrosse IQ Webinar #3 4:15-5:15pm</p> <p><u>Uncommitted 2021s</u> Recruiting Webinar 5:30-6:30pm</p> <p><u>All 2022s</u> Recruiting Webinar 6:45-7:45pm</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><u>2024s TEST DAY</u> 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 10	<p>Learn the SAT Word 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 Vid on Site</p> <p>Ladder Level C: Do each exercise for 2min as fast as you can. Only 30 sec rest between exercise. Reference REVLax's Tutorial Vid on Site</p> <p>Push Ups: 3 sets of max out (as many as you can do)</p> <p>Bounds Level C: 10x each w/ 30 sec rest b/w each exercise. 1 min rest when all exercises are complete. Repeat 3x. Reference Vid on Site</p>	<p>All Players Reflection Assignment Complete the Reflection Survey. Link will be released on Tuesday!</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><u>2025-2026s TEST DAY</u> 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 11	<p>REVLax Recommended Read of the Day Check your Email (Check junk folder if you don't receive)</p> <p>Review Day Review past SAT Words</p>	<p>Warm Up/Stretch: Reference REVLax's Warm Up Vid</p> <p>Jump Rope: Jump Rope : 3 sets of 5 minutes. Take a time lapse vid and submit to the @Home Curriculum GroupMe for feedback!</p> <p>Workout with Ky: Home workout Video with REVLax Coach, Kyleigh!</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 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><u>TEST DAY FOR ALL WHO FAILED</u> 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>