

APRIL 12 - APRIL 18



DAY	ACADEMICS	FITNESS	LACROSSE IQ/TEAM	STICKWORK	TECHNIQUE	TOUCH
Sunday, April 12	<p>OFF Watch the State of REV #3 and Happy Easter!</p>	<p>OFF Watch the State of REV #3 and Happy Easter!</p>	<p>Register for this week's Webinars/Workouts! Links are included in Week 4 email and online</p>	<p>OFF Watch the State of REV #3 and Happy Easter!</p>	<p>OFF Watch the State of REV #3 and Happy Easter!</p>	<p>OFF Watch the State of REV #3 and Happy Easter!</p>
Monday, April 13	<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><u>2021s-2024s</u> Warm Up/Stretch: Reference REVLax's Warm Up Vid</p> <p>Jump Rope: 3 min as fast as you can. Count your reps. Repeat 3x.</p> <p>Push Ups: 3 sets of max out after each Jump rope set (as many as you can do)</p> <p>Timed 2 Mile: FASTEST YET</p> <p><u>2025s-2029s</u> 5pm Zoom workout with REVLax Trainer, Joe!</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>LAST WEEK! 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, April 14	<p>30 Minutes of Reading Read for 30 minutes a day!</p>	<p><u>2021s-2024s</u> 5pm Zoom workout with REVLax Trainer, Joe!</p> <p><u>2025s-2029s</u> Ladder Level D: Do each exercise for 2min as fast as you can. Only 30 sec rest between exercise. Repeat for 2 sets total. 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 D: Reference Vid on Site for exercises and reps</p>	<p><u>2025s</u> Grad Year Zoom Call with Sabrina 8-8:30pm</p> <p><u>2026s/2027s</u> Grad Year Zoom Call with Sabrina 7:15-7:45pm</p> <p><u>2028s-2029s</u> Grad Year Zoom Call with Sabrina 6:15-6:45pm</p> <p>Link to register on site/in emails!</p>	<p>OFF</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>LAST WEEK! 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>Level B: One handed throw to one handed catch in the air. Reference the Touch Level B video on the site.</p> <p><u>2021s-2024s:</u> 2 sets of 25 (Right & Left hand)</p> <p><u>2025s-2029s:</u> 2 sets of 10 (Right & Left)</p>
Wednesday, April 15	<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><u>All Grad Years</u> Warm Up/Stretch: Reference REVLax's Warm Up Vid</p> <p>Jump Rope: 3 min as fast as you can. Count your reps. Repeat 3x.</p> <p>Sprints: 20-30 yard sprints 21s-24s : 15 sprints 25s-26s : 10 sprints 27s-29s : 6 sprints 10 seconds rest between sprints</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>OFF</p>

APRIL 12 - APRIL 18



DAY	ACADEMICS	FITNESS	LACROSSE IQ	STICKWORK	TECHNIQUE	TOUCH
Thursday, April 16	<p>30 Minutes of Reading Read for 30 minutes a day!</p>	<p><u>All Grad Years</u> Ladder Level D: Do each exercise for 2min as fast as you can. Only 30 sec rest between exercise. Repeat for 2 sets total. 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 D: Reference Vid on Site for exercises and reps</p>	<p><u>2025s-2029s</u> Lacrosse IQ Webinar #4 3-4pm</p> <p><u>2021s-2024s</u> Lacrosse IQ Webinar #4 4:15-5:15pm</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> OFF</p> <p><u>LAST WEEK! 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>Level B: One handed throw to one handed catch in the air. Reference the Touch Level B video on the site.</p> <p>2021s-2024s: 2 sets of 25 (Right & Left hand)</p> <p>2025s-2029s: 2 sets of 10 (Right & Left)</p>
Friday, April 17	<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>OFF</p>	<p>All Players Reflection Assignment Complete the Reflection Survey.</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> OFF</p> <p><u>2027s-2029s</u> Split Dodge 10 min of Split Dodge practice</p> <p><u>LAST WEEK! 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 18	<p>30 Minutes of Reading Read for 30 minutes a day!</p>	<p><u>All Grad Years</u> Warm Up/Stretch: Reference REVlax's Warm Up Vid</p> <p>Jump Rope: 3 min as fast as you can. Count your reps. Repeat 3x.</p> <p>Push Ups: 3 sets of max out after each Jump rope set (as many as you can do)</p> <p>Timed Run: Fastest Yet! 21s-26s : 2 miles 27s-29s : 1 mile</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>LAST WEEK! TEST DAY FOR ALL WHO FAILED</u> Players who did not pass will resubmit this day</p>	<p>Level B: One handed throw to one handed catch in the air. Reference the Touch Level B video on the site.</p> <p>2021s-2024s: 2 sets of 25 (Right & Left hand)</p> <p>2025s-2029s: 2 sets of 10 (Right & Left)</p>