

APRIL 19 - APRIL 25



DAY	ACADEMICS	FITNESS	LACROSSE IQ/TEAM/RECRUITING	STICKWORK	TECHNIQUE	TOUCH
Sunday, April 19	OFF	OFF	Register for this week's Webinars/Workouts/Meet-Ups! Links are included in Week 5 email and online	OFF	OFF	OFF
Monday, April 20	<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>Box Drills w/ Coach OC: Asst. Coach at Army and REvlax Alumna</p> <p>Ladder D w/ STICK: Hold stick one handed (like pops) while going through ladders. 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>Bound E: Reference Vid on Site for exercises and reps</p> <p><u>2025s-2029s</u> 5pm Zoom workout with REvlax Trainer, Joe!</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>LAST OPPORTUNITY - SPLIT DODGE <u>2021s-2026s</u> Spit 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> Spit Dodge: 10 min of practice</p> <p>2021/2022s 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>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: 3 sets of 25 (Right & Left hand)</p> <p>2025s-2029s: 3 sets of 10 (Right & Left)</p>
Tuesday, April 21	OFF	<p><u>2021s-2024s</u> 5pm Zoom workout with REvlax Trainer, Joe!</p> <p><u>2025s-2029s</u> Warm Up/Stretch: Reference REvlax's Warm Up Vid</p> <p>Box Drills w/ Coach OC: Asst. Coach at Army and REvlax Alumna</p> <p>Ladder D w/ STICK: Hold stick one handed (like pops) while going through ladders. 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>Bound E: Reference Vid on Site for exercises and reps</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>LAST OPPORTUNITY - SPLIT DODGE 2021s-2026s Spit 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> Spit Dodge: 10 min of 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>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: 3 sets of 25 (Right & Left hand)</p> <p>2025s-2029s: 3 sets of 10 (Right & Left)</p>
Wednesday, April 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><u>All Grad Years</u> Warm Up/Stretch: Reference REvlax's Warm Up Vid</p> <p>Jump Rope: 5min as fast as you can. 3 sets - How many jump in each set?</p> <p>Waterfall Sprints: Sprint out, backpedal back. 5 yards, 10 yards, 15 yards, 20 yards 3 Sets, 30 Second break between sets</p> <p>Push Ups: Max out between each sprint rep</p>	<p><u>2021 Uncommitted Recruiting Webinar #2</u> 5:30-6:30pm</p> <p><u>2022 Recruiting Webinar #2</u> 6:40-7:40pm</p> <p><u>2021 Committed Webinar</u> 7:50-8:30pm</p> <p>Register via links on the site!</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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DAY	ACADEMICS	FITNESS	LACROSSE IQ/TEAM/RECRUITING	STICKWORK	TECHNIQUE	TOUCH
Thursday, April 23	OFF	OFF	<p><u>2025s-2029s</u> Mindset Seminar #1 5-5:45pm with Erin Cash</p> <p><u>2021s-2024s</u> Mindset Seminar #1 6-7pm with Erin Cash</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>LAST OPPORTUNITY - SPLIT DODGE</u> <u>2021s-2026s</u> Spit 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>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: 3 sets of 25 (Right & Left hand)</p> <p>2025s-2029s: 3 sets of 10 (Right & Left)</p>
Friday, April 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><u>All Grad Years</u> Warm Up/Stretch: Reference REVLax's Warm Up Vid</p> <p>Box Drills w/ Coach OC: Asst. Coach at Army and REVLax Alumna</p> <p>Ladder D w/ STICK: Hold stick one handed while going through ladders. 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: Max out between each ladder rep</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>LAST OPPORTUNITY - SPLIT DODGE</u> <u>2021s-2026s</u> OFF</p> <p><u>2027s-2029s</u> Spit Dodge: 10 min of 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 25	OFF	<p><u>All Grad Years</u> Warm Up/Stretch: Reference REVLax's Warm Up Vid</p> <p>Timed Mile: Fastest mile yet!</p> <p>Jump Rope: 5min as fast as you can. 3 sets - How many jump in each set?</p> <p>Push Ups: 3 sets of max out after each Jump rope set (as many as you can do)</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>LAST OPPORTUNITY - SPLIT DODGE</u> <u>2021s-2026s</u> Spit 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> Spit Dodge: 10 min of practice</p> <p><u>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: 3 sets of 25 (Right & Left hand)</p> <p>2025s-2029s: 3 sets of 10 (Right & Left)</p>
WEEK 6 BEGINS Sunday, April 26	OFF	OFF	<p><u>Zoom Meet-Ups</u> 2021 Black: 9-9:30am 2021 Blue: 9:45-10:15am 2022 Black: 10:30am-11am 2022 Blue: 11:15-11:45am 2023 Black: 12-12:30pm 2023 Blue: 12:45-1:15pm 2024s: 1:30-2pm 2028s-2029s: 2:15-2:45pm 2026s-2027s: 3-3:30pm 2025s: 3:45-4:15pm</p> <p>Register via links on the site!</p>	OFF	OFF	OFF