

APRIL 26 - MAY 2



DAY	ACADEMICS	FITNESS	LACROSSE IQ/TEAM/RECRUITING	STICKWORK	TECHNIQUE	TOUCH
Sunday, April 26	OFF	<p><u>All Grad Years</u> Warm Up/Stretch: Reference REVlax's Warm Up Vid Waterfall Sprints: Sprint out, backpedal back. 5 yards, 10 yards, 15 yards, 20 yards 3 Sets, 30 Second break between sets Ladder D w/ STICK: Hold stick one handed (like pops) while going through ladders. Do each exercise for 2min as fast as you can between each set of sprints. Reference REVlax's Tutorial Vid on Site [WEAR GOGGLES/MOUTHGUARD/HOLD STICK FOR SPRINTS/LADDER D]</p>	<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 Register for Online Sessions for week: Links are included in Week 6 email and online</p>	OFF	OFF	OFF
Monday, April 27	<p>Learn the SAT Word of the Day Check your Email (Check junk folder if you don't receive) REVlax Recommended Read of the Day Check your Email (Check junk folder if you don't receive) 30 Minutes of Reading Read for 30 minutes a day!</p>	<p><u>2021s-2024s</u> 6:30pm Zoom Yoga/Strength/Flexibility Session with REVlax Coach, Taylor Eaton! <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 <u>2027s-2029s</u> 15 minutes of catching/passing With a parent, sibling or on a wall/bounceback</p>	<p><u>2021s-2026s</u> Spit Dodge to a Shot: 5 min of practice Face 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 Goal: 100 shots to the low corner <u>2027s-2029s</u> Spit Dodge: 5 min of practice Face Dodge: 5 min of practice Goal: 40 shots to the low corner</p>	<p>Level B: One handed throw to one handed catch in the air. Reference the Touch Level B video on the site. <u>2021s-2024s:</u> 3 sets of 25 (Right & Left hand) <u>2025s-2029s:</u> 3 sets of 10 (Right & Left)</p>
Tuesday, April 28	OFF	<p><u>2021s-2024s</u> 5pm Zoom workout with REVlax Trainer, Joe! <u>2025s-2029s</u> 6:30pm Zoom Yoga/Strength/Flexibility Session with REVlax Coach, Taylor Eaton!</p>	OFF	<p><u>2021s-2026s</u> 2x per day wallball challenge Execute on GroupMe <u>2027s-2029s</u> 15 minutes of catching/passing With a parent, sibling or on a wall/bounceback</p>	<p><u>2021s-2026s</u> Spit Dodge to a Shot: 5 min of practice Face 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 Goal: 100 shots to the low corner <u>2027s-2029s</u> Spit Dodge: 5 min of practice Face Dodge: 5 min of practice Goal: 40 shots to the low corner</p>	<p>Level B: One handed throw to one handed catch in the air. Reference the Touch Level B video on the site. <u>2021s-2024s:</u> 3 sets of 25 (Right & Left hand) <u>2025s-2029s:</u> 3 sets of 10 (Right & Left)</p>
Wednesday, April 29	<p>Learn the SAT Word of the Day Check your Email (Check junk folder if you don't receive) REVlax Recommended Read of the Day Check your Email (Check junk folder if you don't receive) 30 Minutes of Reading Read for 30 minutes a day!</p>	<p><u>All Grad Years: MORNING</u> Quick Warm Up/Stretch 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. Push Ups: Max out between each ladder rep [For All: Reference REVlax's Tutorial Vids on Site] <u>All Grad Years: EVENING</u> 5pm INSANITY Zoom workout with Sabrina</p>	OFF	<p><u>2021s-2026s</u> 2x per day wallball challenge Execute on GroupMe <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 30	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>	<p><u>2025s-2029s</u> Lacrosse IQ Webinar #5 5-5:45pm</p> <p><u>2021s-2024s</u> Lacrosse IQ Webinar #5 6-7pm</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> Spit Dodge to a Shot: 5 min of practice Face 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 Goal: 100 shots to the low corner</p> <p><u>2027s-2029s</u> Spit Dodge: 5 min of practice Face Dodge: 5 min of practice Goal: 40 shots to the low corner</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, May 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><u>All Grad Years</u> 4pm Zoom FOCUS workout with REVlax Trainer, Joe!</p>	<p><u>2022 Recruiting Webinar #2</u> 5:30-6:30pm</p> <p><u>2021 Uncommitted Recruiting Webinar #2</u> 6:45-7:45pm</p> <p>21 Committed Webinar Next Week - 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>	<p><u>2021s-2026s</u> Spit Dodge to a Shot: 5 min of practice Face 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 Goal: 100 shots to the low corner</p> <p><u>2027s-2029s</u> Spit Dodge: 5 min of practice Face Dodge: 5 min of practice Goal: 40 shots to the low corner</p>	OFF
Saturday, April 2	OFF	<p><u>2021s-2024s</u> Warm Up/Stretch Box Drills: with REVlax Alumna & Arm Coach, OCI Waterfall Sprints: Sprint out, backpedal back. 5 yards, 10 yards, 15 yards, 20 yards 3 Sets, 30 Second break between sets Ladder D w/ STICK: Hold stick one handed (like pops) while going through ladders. Do each exercise for 2min as fast as you can between each set of sprints.</p> <p>Reference REVlax's Tutorial Vids on Site for Above [WEAR GOGGLES/MOUTHGUARD/HOLD STICK FOR SPRINTS/LADDER D]</p>	<p><u>DEVO Zoom Spring Practice #1</u> 2028s-2029s: 9-9:45am 2026s-2027s: 10-10:45am 2025s: 11-11:45am</p> <p>More information will be released this week- 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>	<p><u>2021s-2026s</u> Spit Dodge to a Shot: 5 min of practice Face 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 Goal: 100 shots to the low corner</p> <p><u>2027s-2029s</u> Spit Dodge: 5 min of practice Face Dodge: 5 min of practice Goal: 40 shots to the low corner</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 7 BEGINS Sunday, May 3	OFF	OFF	<p><u>HS Zoom Spring Practice #1</u> 2021 Black: 9-9:45am 2021 Blue: 10-10:45am 2022 Black: 11-11:45am 2022 Blue: 12-12:45pm 2023 Black: 1-1:45pm 2023 Blue: 2-2:45pm 2024 Black: 3-3:45pm 2024 Blue R: 4-4:45pm 2024 Blue NE: 5-5:45pm</p> <p>More information will be released this week- Register via links on the site!</p>	OFF	OFF	OFF