

**MAY 24 - MAY 31**



DAY	ACADEMICS	FITNESS	LACROSSE IQ/TEAM/RECRUITING	STICKWORK	TECHNIQUE	TOUCH
Sunday, May 24th	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY
Monday, May 25th	REST DAY <b>HAPPY MEMORIAL DAY!</b>	REST DAY <b>HAPPY MEMORIAL DAY!</b>	REST DAY <b>HAPPY MEMORIAL DAY!</b>	REST DAY <b>HAPPY MEMORIAL DAY!</b>	REST DAY <b>HAPPY MEMORIAL DAY!</b>	REST DAY <b>HAPPY MEMORIAL DAY!</b>
Tuesday, May 26th	<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>HS MORNING:</u> Warm Up/Stretch Ladder G: Grass Only! Complete Ladder G Sequence 3x with the following grips: 1. Walk the dog, toss the ball with OTHER HAND 2. POPS A, throw stick to switch hands 3.POPS B, throw stick to switch hands Between each Ladder G Sequence, max out on push ups [Reference REVLax's Tutorial Vids on Site]</p> <p><u>ALL GRAD YEARS PM:</u> 5pm Zoom Workout with Joe</p>	OFF	<p><u>2021s-2026s</u> <b>2x per day wallball challenge</b> Execute on GroupMe</p> <p><u>2027s-2029s</u> <b>15 minutes of catching/passing</b> With a parent, sibling or on a wall/bounceback</p>	<p><u>SPLIT DODGE: 2021s-2026s</u> Prepare for Split Dodge Test: You will need to submit 3 left to right and 3 right to left on SATURDAY ONLY. If you don't have a net, hit a specific spot on your wall/bounceback after the dodge. Focus is sprinting, planting and shooting low corner.</p> <p><u>SPLIT DODGE: 2027s-2029s</u> Spit Dodge to a Shot: 15 min of practice If you don't have a net, hit a specific spot on your wall/bounceback after the dodge</p>	<p><u>2021s-2024s: Pops Level A,B, C, &amp; D:</u> 2 sets of each Level, 30 seconds on each hand</p> <p><u>2025-2029s: Pops Level A&amp;B:</u> 15 pops &amp; one handed throws: Repeat 3x for 3 sets. 30 sec rest between sets. Then repeat with off hand.</p>
Wednesday, May 27th	OFF	<p><u>ALL GRAD YEARS BEFORE SCHOOL:</u> Chair Workout Shoulder Workout (21s-24s only) [Reference REVLax's Tutorial Vids on Site]</p> <p><u>ALL GRAD YEARS AFTER SCHOOL</u> <u>(Players without leg pain):</u> .2 mile Warm Up/Stretch <b>SPRINTING w/ STICK:</b> While cradling a ball, sprint the following distances: 5yds/10yds/15yds/20yds/30 yds. 1 set is when you complete the 5 sprints. The focus is proper cradling technique, stick back in your set point.</p> <p><u>2021s-2024s:</u> 5 sets total, 10 sec rest bw sprints, 30 sec rest bw sets <u>2025s-2029s:</u> 3 sets total, 10 sec rest bw sprints, 30 sec rest bw sets</p>	OFF	<p><u>2021s-2026s</u> <b>2x per day wallball challenge</b> Execute on GroupMe</p> <p><u>2027s-2029s</u> <b>15 minutes of catching/passing</b> With a parent, sibling or on a wall/bounceback</p>	<p><u>SPLIT DODGE: 2021s-2026s</u> Prepare for Split Dodge Test: You will need to submit 3 left to right and 3 right to left on SATURDAY ONLY. If you don't have a net, hit a specific spot on your wall/bounceback after the dodge. Focus is sprinting, planting and shooting low corner.</p> <p><u>SPLIT DODGE: 2027s-2029s</u> Spit Dodge to a Shot: 15 min of practice If you don't have a net, hit a specific spot on your wall/bounceback after the dodge</p>	<p><u>2021s-2024s: Pops Level A,B, C, &amp; D:</u> 2 sets of each Level, 30 seconds on each hand</p> <p><u>2025-2029ss: Pops Level A&amp;B:</u> 15 pops &amp; one handed throws: Repeat 3x for 3 sets. 30 sec rest between sets. Then repeat with off hand.</p>

