

JUNE 1 - JUNE 7



DAY	ACADEMICS	FITNESS	LACROSSE IQ/TEAM/RECRUITING	STICKWORK	TECHNIQUE	TOUCH
Monday, June 1st	<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>BEFORE SCHOOL:</u> Chair Workout Shoulder Workout (21s-24s only) [Reference REVLax's Tutorial Vids on Site]</p> <p><u>AFTERNOON/EVENING:</u> 5pm Zoom Workout with 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>	OFF	<p><u>2021s-2027s: Pops Level A,B, C, & D:</u> 2 sets of each Level, 30 seconds on each hand</p> <p><u>2028s-2029s: Pops Level A&B:</u> 15 pops & one handed throws: Repeat 3x for 3 sets. 30 sec rest between sets. Then repeat with off hand.</p>
Tuesday, June 2nd	OFF	<p><u>BEFORE SCHOOL:</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>Virtual Practices 2024: 3:15-4:00pm 2021 Black: 4:05-4:50pm 2022 Black: 4:55-5:40pm</p> <p>2021s-2026s (Parents Welcome) Optional for 27s-29s Lacrosse IQ Webinar #8 6-6:50pm</p> <p>Zoom Prep Meeting for REVLaxers and Parents attending The FUTURE on June 6-7 7:30-8:15pm</p>	<p><u>OFF FOR THOSE WHO HAVE PRACTICE</u></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>IF YOU PASSED LAST WEEK: 2021s-2026s</u> You do not need to submit a video, but we encourage you to continue practicing.</p> <p><u>IF YOU FAILED LAST WEEK: 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> Split 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>	OFF
Wednesday, June 3rd	<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>BEFORE SCHOOL:</u> Chair Workout Shoulder Workout (21s-24s only) Upper Body Workout [Reference REVLax's Tutorial Vids on Site]</p>	<p>Virtual Practices 2021 Blue: 3:15-4:00pm 2022 Blue: 4:10-4:55pm 2023: 5:00-5:45pm</p>	<p><u>OFF FOR THOSE WHO HAVE PRACTICE</u></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>IF YOU PASSED LAST WEEK: 2021s-2026s</u> You do not need to submit a video, but we encourage you to continue practicing.</p> <p><u>IF YOU FAILED LAST WEEK: 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> Split 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-2027s: Pops Level A,B, C, & D:</u> 2 sets of each Level, 30 seconds on each hand</p> <p><u>2028s-2029s: Pops Level A&B:</u> 15 pops & one handed throws: Repeat 3x for 3 sets. 30 sec rest between sets. Then repeat with off hand.</p>

