MAY 4 - MAY 10



DAY	ACADEMICS	FITNESS	LACROSSE IQ/TEAM/RECRUITING	STICKWORK	TECHNIQUE	тоисн
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Monday, May 4	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!	2021s-2024s OFF 2025s-2029s Spm Zoom workout with REVlax Trainer, Joe!	OFF	OFF	OFF	OFF
Tuesday, May 5	OFF	2021s-2024s Spm Zoom workout with REVlax Trainer, Joe! 2025s-2029s OFF	OFF	2021s-2026s 2x per day wallball challenge Execute on GroupMe 2027s-2029s 15 minutes of catching/passing With a parent, sibling or on a wall/bounceback	2021s-2026s 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 Goal: 100 shots to the low corner 2027s-2029s Spit Dodge: 10 min of practice Goal: 40 shots to the low corner	Pops Level A: Hold stick one handed, as if you are walking the dog. Pop the ball up, powered by your wrist, NOT your elbow 2021s-2026s: 50 in a row, butt end grip, ball has to go higher than shoulder, repeat 3x 2027s-2029s: 50 in a row, middle grip, ball has to go higher than chest, repeat 2x
Wednesday, May 6	Learn the SAT Word of the Day Check your Email (Check junk folder if you don't receive) REVIax 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!	All Grad Years: MORNING Warm Up/Stretch Ladder E: Do 1 set of each ladder exercise with no rest. A set is down and back on the ladder. Repeat 3x for 3 reps. 30 sec rest between each rep. Push Ups: Max out between each ladder rep [For All: Reference REVlax's Tutorial Vids on Site] All Grad Years: EVENING 6:30pm Zoom Yoga Sculpt with REVlax Alumna, Lauren Martin Joullian	OFF	2021s-2026s 2x per day wallball challenge Execute on GroupMe 2027s-2029s 15 minutes of catching/passing With a parent, sibling or on a wall/bounceback	2021s-2026s 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 Goal: 100 shots to the low corner 2027s-2029s Spit Dodge: 10 min of practice Goal: 40 shots to the low corner	Pops Level A: Hold stick one handed, as if you are walking the dog. Pop the ball up, powered by your wrist, NOT your elbow 2021s-2026s: 50 in a row, butt end grip, ball has to go higher than shoulder, repeat 3x 2027s-2029s: 50 in a row, middle grip, ball has to go higher than chest, repeat 2x
Thursday, May 7	OFF	All Grad Years Warm Up/Stretch Ladder E: Do 1 set of each ladder exercise with no rest. A set is down and back on the ladder. Repeat 3x for 3 reps. 30 sec rest between each rep. Push Ups: Max out between each ladder rep Bounds Level E [For All: Reference REVlax's Tutorial Vids on Site]	2025s-2029s Mindset Seminar #2 5-5:45pm with Erin Cash 2021s-2024s Mindset Seminar #2 6-7pm with Erin Cash	2021s-2026s 2x per day wallball challenge Execute on GroupMe 2027s-2029s 15 minutes of catching/passing With a parent, sibling or on a wall/bounceback	OFF	Pops Level A: Hold stick one handed, as if you are walking the dog. Pop the ball up, powered by your wrist, NOT your elbow 2021s-2026s: 50 in a row, butt end grip, ball has to go higher than shoulder, repeat 3x 2027s-2029s: 50 in a row, middle grip, ball has to go higher than chest, repeat 2x

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Friday, May 8	Learn the SAT Word of the Day Check your Email (Check junk folder if you don't receive) REVIax 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!	All Grad Years: MORNING Warm Up/Stretch Ladder E: Do 1 set of each ladder exercise with no rest. A set is down and back on the ladder. Repeat 3x for 3 reps. 30 sec rest between each rep. Push Ups: Max out between each ladder rep [For All: Reference REVlax's Tutorial Vids on Site] All Grad Years: EVENING 4pm FOCUS workout with Joe	2023-2029 Players/Parents Spring/Summer Information Webinar 5:45-6:30pm 21 Committed Players/Parents Webinar 6:45-7:30pm	2021s-2026s 2x per day wallball challenge Execute on GroupMe 2027s-2029s 15 minutes of catching/passing With a parent, sibling or on a wall/bounceback	2021s-2026s 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 Goal: 100 shots to the low corner 2027s-2029s Spit Dodge: 10 min of practice Goal: 40 shots to the low corner	Pops Level A: Hold stick one handed, as if you are walking the dog. Pop the ball up, powered by your wrist, NOT your elbow 2021s-2026s: 50 in a row, butt end grip, ball has to go higher than shoulder, repeat 3x 2027s-2029s: 50 in a row, middle grip, ball has to go higher than chest, repeat 2x
Saturday, May 9	OFF	All Grad Years Warm Up/Stretch Ladder E: Do 1 set of each ladder exercise with no rest. A set is down and back on the ladder. Repeat 3x for 3 reps. 30 sec rest between each rep. Push Ups: Max out between each ladder rep Bounds Level E [For All: Reference REVlax's Tutorial Vids on Site]	Zoom Spring Practice #2 2022 2022 Black: 8-8:45am 2028s-2029s: 9-9:45am 2026s-2027s: 10-10:45am 2025s: 11-11:45am 2022 Blue: 12:00-12:45pm 2023 Black: 12:50- 1:35pm 2023 Blue: 1:40-2:25pm 2024 Black: 2:35-3:20pm 2024 Blue NE/RI: 3:30-4:15pm 2021 Black: 4:25-5:10pm 2021 Blue: 5:20-6:05pm Register via links on the site!	2021s-2026s 2x per day wallball challenge Execute on GroupMe 2027s-2029s 15 minutes of catching/passing With a parent, sibling or on a wall/bounceback	2021s-2026s 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 Goal: 100 shots to the low corner 2027s-2029s Spit Dodge: 10 min of practice Goal: 40 shots to the low corner	Pops Level A: Hold stick one handed, as if you are walking the dog. Pop the ball up, powered by your wrist, NOT your elbow 2021s-2026s: 50 in a row, butt end grip, ball has to go higher than shoulder, repeat 3x 2027s-2029s: 50 in a row, middle grip, ball has to go higher than chest, repeat 2x
Sunday, May 10	OFF Happy Nother's Day!	OFF Happy Nother's Day!	off Happy Mother's Day!	OFF Happy Mother's Day!	off Happy Nother's Day!	OFF Happy Mother's Day!