

MAY 4 - MAY 10



DAY	ACADEMICS	FITNESS	LACROSSE IQ/TEAM/RECRUITING	STICKWORK	TECHNIQUE	TOUCH
Monday, May 4	<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> OFF</p> <p><u>2025s-2029s</u> 5pm Zoom workout with REVLax Trainer, Joe!</p>	OFF	OFF	OFF	OFF
Tuesday, May 5	OFF	<p><u>2021s-2024s</u> 5pm Zoom workout with REVLax Trainer, Joe!</p> <p><u>2025s-2029s</u> OFF</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>2021s-2026s</u> Spirit 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</p> <p><u>2027s-2029s</u> Spirit Dodge: 10 min of practice Goal: 40 shots to the low corner</p>	<p>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</p> <p><u>2021s-2026s:</u> 50 in a row, butt end grip, ball has to go higher than shoulder, repeat 3x</p> <p><u>2027s-2029s:</u> 50 in a row, middle grip, ball has to go higher than chest, repeat 2x</p>
Wednesday, May 6	<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: MORNING</u> 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]</p> <p><u>All Grad Years: EVENING</u> 6:30pm Zoom Yoga Sculpt with REVLax Alumna, Lauren Martin Joullian</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>2021s-2026s</u> Spirit 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</p> <p><u>2027s-2029s</u> Spirit Dodge: 10 min of practice Goal: 40 shots to the low corner</p>	<p>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</p> <p><u>2021s-2026s:</u> 50 in a row, butt end grip, ball has to go higher than shoulder, repeat 3x</p> <p><u>2027s-2029s:</u> 50 in a row, middle grip, ball has to go higher than chest, repeat 2x</p>
Thursday, May 7	OFF	<p><u>All Grad Years</u> 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</p> <p>Bounds Level E [For All: Reference REVLax's Tutorial Vids on Site]</p>	<p><u>2025s-2029s</u> Mindset Seminar #2 5-5:45pm with Erin Cash</p> <p><u>2021s-2024s</u> Mindset Seminar #2 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>	OFF	<p>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</p> <p><u>2021s-2026s:</u> 50 in a row, butt end grip, ball has to go higher than shoulder, repeat 3x</p> <p><u>2027s-2029s:</u> 50 in a row, middle grip, ball has to go higher than chest, repeat 2x</p>

