

MAY 10 - MAY 17



DAY	ACADEMICS	FITNESS	LACROSSE IQ/TEAM/RECRUITING	STICKWORK	TECHNIQUE	TOUCH
Sunday, May 10th	<p>OFF</p> <p><i>Happy Mother's Day!</i></p>	<p><u>All Grad Years</u> Warm Up/Stretch</p> <p>Ladder F: Do 1 rep of each ladder exercise with no rest. A rep is down and back on the ladder. Repeat 3x for 3 sets. 1 set is when you complete 1 rep of all 15 exercises. 30 sec rest between each set.</p> <p>Push Ups: Max out between each ladder rep</p>	<p>OFF</p> <p><i>Happy Mother's Day!</i></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>OFF</p> <p><i>Happy Mother's Day!</i></p>	<p>OFF</p> <p><i>Happy Mother's Day!</i></p>
Monday, May 11th	<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> Warm Up/Stretch</p> <p>Ladder F: Do 1 rep of each ladder exercise with no rest. A rep is down and back on the ladder. Repeat 3x for 3 sets. 1 set is when you complete 1 rep of all 15 exercises. 30 sec rest between each set.</p> <p>Push Ups: Max out between each ladder rep</p> <p>Bounds Level F: 15 of each type of bound. Complete 1 rep (all 5 bounds), take a 60 sec break and then repeat for two total reps. [For All: Reference REVLax's Tutorial Vids on Site]</p> <p><u>2025s-2029s</u> 5pm Zoom workout with REVLax Trainer, Joe!</p>	<p><u>Uncommitted 21s/All 22s</u> Recruiting Plan #1 Webinar for Parents/Players 6:30-7:30pm</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>ALL GRAD YEARS: SPRINTING w/ STICK</u> While cradling a ball, sprint the following distances: 5yds/10yds/15yds/ 20yds. 1 set is when you complete the 4 sprints. The focus is proper cradling technique, stick back in your set point.</p> <p>2021s-2024s: 5 sets total, with 30 sec rest bw sets 2025s-2029s: 3 sets total, with 30 sec rest bw sets</p> <p>REMEMBER TO WARM UP/STRETCH!</p>	<p><u>21s-24s: Pops Level A&B:</u> Level A: Hold stick one handed, as if you are walking the dog. Butt end grip. Pop the ball up, powered by your wrist, NOT your elbow Level B: Pop to One handed throws [reference tutorial vid on site]</p> <p>15 pops & one handed throws: Repeat 3x for 3 sets. 30 sec rest between sets. Then repeat with off hand.</p>
Tuesday, May 12th	<p>OFF</p>	<p><u>2021s-2024s</u> 5pm Zoom workout with REVLax Trainer, Joe!</p> <p><u>2025s-2029s</u> Warm Up/Stretch</p> <p>Ladder F: Do 1 rep of each ladder exercise with no rest. A rep is down and back on the ladder. Repeat 3x for 3 sets. 1 set is when you complete 1 rep of all 15 exercises. 30 sec rest between each set.</p> <p>Push Ups: Max out between each ladder rep</p> <p>Bounds Level F: 15 of each type of bound. Complete 1 rep (all 5 bounds), take a 60 sec break and then repeat for two total reps. [For All: Reference REVLax's Tutorial Vids on Site]</p>	<p>OFF</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: 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> Spit Dodge: 10 min of practice Goal: 40 shots to the low corner</p>	<p><u>25-29s: Pops Level A&B:</u> Level A: Hold stick one handed, as if you are walking the dog. Butt end grip. Pop the ball up, powered by your wrist, NOT your elbow Level B: Pops to One handed throws [reference tutorial vid on site]</p> <p>15 pops & one handed throws: Repeat 3x for 3 sets. 30 sec rest between sets. Then repeat with off hand.</p>
Wednesday, May 13th	<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> Timed Mile</p> <p><u>All Grad Years: EVENING</u> 6:30pm Power Yoga & mini Q&A with REVLax and W&M Alumna, Heather McDonald</p>	<p>OFF</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>ALL GRAD YEARS: SPRINTING w/ STICK</u> While cradling a ball, sprint the following distances: 5yds/10yds/15yds/ 20yds. 1 set is when you complete the 4 sprints. The focus is proper cradling technique, stick back in your set point.</p> <p>2021s-2024s: 5 sets total, with 30 sec rest bw sets 2025s-2029s: 3 sets total, with 30 sec rest bw sets</p> <p>REMEMBER TO WARM UP/STRETCH!</p>	<p>OFF</p>

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DAY	ACADEMICS	FITNESS	LACROSSE IQ/TEAM/RECRUITING	STICKWORK	TECHNIQUE	TOUCH
Thursday, May 14th	OFF	<p><u>All Grad Years</u> Warm Up/Stretch</p> <p>Ladder F: Do 1 rep of each ladder exercise with no rest. A rep is down and back on the ladder. Repeat 3x for 3 sets. 1 set is when you complete 1 rep of all 15 exercises. 30 sec rest between each set.</p> <p>Jump Rope: 5 minutes as FAST as you can. How many can you get? Repeat 3x. SOFT SURFACE/YOGA MAT ONLY!</p> <p>Push Ups: Max out between each jump rope rep [For All: Reference REVlax's Tutorial Vids on Site]</p>	<p><u>2025s-2029s</u> Lacrosse IQ Webinar #6 5-5:45pm</p> <p><u>2021s-2024s</u> Lacrosse IQ Webinar #6 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: 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> Spit Dodge: 10 min of practice Goal: 40 shots to the low corner</p>	<p><u>All Grad Years: Pops Level A&B:</u> Level A: Hold stick one handed, as if you are walking the dog. Butt end grip. Pop the ball up, powered by your wrist, NOT your elbow Level B: Pops to One handed throws [reference tutorial vid on site]</p> <p>15 pops & one handed throws: Repeat 3x for 3 sets. 30 sec rest between sets. Then repeat with off hand.</p>
Friday, May 15th	<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</p> <p>Ladder F: Do 1 rep of each ladder exercise with no rest. A rep is down and back on the ladder. Repeat 3x for 3 sets. 1 set is when you complete 1 rep of all 15 exercises. 30 sec rest between each set.</p> <p>Bounds Level F: 15 of each type of bound. Complete 1 rep (all 5 bounds), take a 60 sec break and then repeat for two total reps.</p> <p>Push Ups: Max out between each jump rope rep [For All: Reference REVlax's Tutorial Vids on Site]</p> <p><u>All Grad Years: EVENING</u> 4pm Insanity Workout with Sabrina</p>	<p><u>Goalies Only</u> Goalie Positional Webinar #1 6:30-7:30pm</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>ALL GRAD YEARS: SPRINTING w/ STICK</u> While cradling a ball, sprint the following distances: 5yds/10yds/15yds/ 20yds. 1 set is when you complete the 4 sprints. The focus is proper cradling technique, stick back in your set point.</p> <p><u>2021s-2024s:</u> 5 sets total, with 30 sec rest bw sets <u>2025s-2029s:</u> 3 sets total, with 30 sec rest bw sets</p> <p>Submit a vid of one set to the @Home Curriculum Group Me. REMEMBER TO WARM UP/STRETCH!</p>	<p><u>All Grad Years: Pops Level A&B:</u> Level A: Hold stick one handed, as if you are walking the dog. Butt end grip. Pop the ball up, powered by your wrist, NOT your elbow Level B: Pops to One handed throws [reference tutorial vid on site]</p> <p>15 pops & one handed throws: Repeat 3x for 3 sets. 30 sec rest between sets. Then repeat with off hand.</p>
Saturday, May 16th	OFF	<p><u>All Grad Years</u> Warm Up/Stretch</p> <p>Ladder F: Do 1 rep of each ladder exercise with no rest. A rep is down and back on the ladder. Repeat 3x for 3 sets. 1 set is when you complete 1 rep of all 15 exercises. 30 sec rest between each set.</p> <p>Push Ups: Max out between each ladder rep</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> 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</p> <p><u>2027s-2029s</u> Spit Dodge: 10 min of practice Goal: 40 shots to the low corner</p>	<p><u>All Grad Years: Pops Level A&B:</u> Level A: Hold stick one handed, as if you are walking the dog. Butt end grip. Pop the ball up, powered by your wrist, NOT your elbow Level B: Pops to One handed throws [reference tutorial vid on site]</p> <p>15 pops & one handed throws: Repeat 3x for 3 sets. 30 sec rest between sets. Then repeat with off hand.</p>
Sunday, May 17th	OFF	OFF	<p><u>Zoom Spring Practice #2</u> <u>2022 Black:</u> 8-8:45am <u>2028s-2029s:</u> 9-9:45am <u>2026s-2027s:</u> 10-10:45am <u>2025s:</u> 11-11:45am <u>2022 Blue:</u> 12:00-12:45pm <u>2023 Black:</u> 12:50- 1:35pm <u>2023 Blue:</u> 1:40-2:25pm <u>2024 Black:</u> 2:35-3:20pm <u>2024 Blue NE/Rt:</u> 3:30-4:15pm <u>2021 Black:</u> 4:25-5:10pm <u>2021 Blue:</u> 5:20-6:05pm Register via links on the site!</p>	OFF	OFF	OFF