

MAY 18 - MAY 24



DAY	ACADEMICS	FITNESS	LACROSSE IQ/TEAM/RECRUITING	STICKWORK	TECHNIQUE	TOUCH
Monday, May 18th	<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>2021s-2026s Warm Up/Stretch AM: Chair Workout & Share thoughts in GroupME [Reference REVLax's Tutorial Vids on Site]</p>	<p>Zoom Spring Practice #2 (rescheduled) 2022s-2029s: 3-3:45pm 2022 Black: 4-4:45pm 2022 Blue: 4:55-5:40pm 2021 Black: 5:50-6:35pm 2021 Blue: 6:45-7:35pm</p>	<p>2021s-2026s 2x per day wallball challenge Execute on GroupMe</p> <p>2027s-2029s 15 minutes of catching/passing With a parent, sibling or on a wall/bounceback</p>	<p>SPLIT DODGE: 2021s-2026s Prepare for Split Dodge Test: You will need to submit 3 left to right and 3 right to left on THURSDAY 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>SPLIT DODGE: 2027s-2029s 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>21s-26s: Pops Level A&B: PREPARE FOR TEST WEDNESDAY 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</p> <p>25-29s: Pops Level A&B: Practice Pops A&B [reference tutorial vid on site]</p>
Tuesday, May 19th	<p>OFF</p>	<p>2021s-2024s Warm Up/Stretch AM: Shoulder Workout & Share thoughts in GroupME [Reference REVLax's Tutorial Vids on Site]</p> <p>All Grad Years 5pm Zoom workout with REVLax Trainer, Joe!</p>	<p>Zoom Spring Practice #2 (rescheduled) 2025s-2026s: 4-4:45pm 2024s: 6:15-7:05pm 2023s: 7:10-7:55pm</p>	<p>2021s-2026s 2x per day wallball challenge Execute on GroupMe</p> <p>2027s-2029s 15 minutes of catching/passing With a parent, sibling or on a wall/bounceback</p>	<p>SPLIT DODGE: 2021s-2026s Prepare for Split Dodge Test: You will need to submit 3 left to right and 3 right to left on THURSDAY 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>SPLIT DODGE: 2027s-2029s 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>21s-26s: Pops Level A&B: PREPARE FOR TEST WEDNESDAY 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</p> <p>25-29s: Pops Level A&B: Practice Pops A&B [reference tutorial vid on site]</p>
Wednesday, May 20th	<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>All Grad Years: Warm Up/Stretch Upper Body Workout & Share thoughts in GroupME [Reference REVLax's Tutorial Vids on Site]</p> <p>All Grad Years without leg pain Timed Mile</p> <p>SPRINTING w/ STICK: While cradling a ball, sprint the following distances: 5yds/10yds/15yds/ 20yds/25 yds. 1 set is when you complete the 5 sprints. The focus is proper cradling technique, stick back in your set point.</p> <p>2021s-2024s: 5 sets total, 10 sec rest bw sprints, 30 sec rest bw sets 2025s-2029s: 3 sets total, 10 sec rest bw sprints, 30 sec rest bw sets</p>	<p>All Grad Years: EVENING 6:30- 7:30pm Meditation Session with Ali Lebow - Parents Welcome!</p>	<p>2021s-2026s 2x per day wallball challenge Execute on GroupMe</p> <p>2027s-2029s 15 minutes of catching/passing With a parent, sibling or on a wall/bounceback</p>	<p>SPLIT DODGE: 2021s-2026s Prepare for Split Dodge Test: You will need to submit 3 left to right and 3 right to left on THURSDAY 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>SPLIT DODGE: 2027s-2029s 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>21s-26s: Pops Level A&B: TEST DAY Submit 3 Level A pops and 3 Level B pops on both hands Deadline: 9pm</p> <p>25-29s: Pops Level A&B: 15 pops & one handed throws: Repeat 3x for 3 sets. 30 sec rest between sets. Then repeat with off hand. [reference tutorial vid on site]</p>

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Thursday, May 21st	OFF	<p>2021s-2024s Warm Up/Stretch Shoulder Workout & Chair Workout [Reference REVlax's Tutorial Vids on Site]</p> <p>2025s-2029s Warm Up/Stretch Chair Workout [Reference REVlax's Tutorial Vids on Site]</p>	<p>2025s-2029s Lacrosse IQ Webinar #7 5-5:45pm - Parent's Welcome!</p> <p>2021s-2024s Lacrosse IQ Webinar #7 6-7pm - Parent's Welcome!</p>	<p>2021s-2026s 2x per day wallball challenge Execute on GroupMe</p> <p>2027s-2029s 15 minutes of catching/passing With a parent, sibling or on a wall/bounceback</p>	<p>2021s-2026s: SPLIT DODGE TEST Submit 3 left to right and 3 right to left Shots should be to bottom right corner ONLY. If you don't have a net, hit a specific spot on your wall/bounceback after the dodge</p> <p>Deadline: 9pm</p> <p>27s-29s OFF</p>	<p>21s-26s who did not pass Pops A&B Test Continue working on Pops A&B</p> <p>27-29s 15 pops & one handed throws: Repeat 3x for 3 sets. 30 sec rest between sets. Then repeat with off hand. [reference tutorial vid on site]</p>
Friday, May 22nd	<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>All Grad Years Warm Up/Stretch Ladder F with Stick: Grass Only! Hold stick in walk the dog grip. 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. Push Ups: Max out between each ladder Upper Body Workout [For All: Reference REVlax's Tutorial Vids on Site]</p> <p>All Grad Years without leg pain SPRINTING w/ STICK: While cradling a ball, sprint the following distances: 5yds/10yds/15yds/ 20yds/25 yds. 1 set is when you complete the 5 sprints. The focus is proper cradling technique, stick back in your set point.</p> <p>2021s-2024s: 5 sets total, 10 sec rest bw sprints, 30 sec rest bw sets 2025s-2029s: 3 sets total, 10 sec rest bw sprints, 30 sec rest bw sets</p>		<p>2021s-2026s 2x per day wallball challenge Execute on GroupMe</p> <p>2027s-2029s 15 minutes of catching/passing With a parent, sibling or on a wall/bounceback</p>	<p>2021s-2026s who didn't pass Split Dodge Test Continue working on Split Dodge to net</p> <p>2027s-2029s: 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>21s-26s who did not pass Pops A&B Test Continue working on Pops A&B</p> <p>27-29s 15 pops & one handed throws: Repeat 3x for 3 sets. 30 sec rest between sets. Then repeat with off hand. [reference tutorial vid on site]</p>
Saturday, May 23rd	OFF	OFF	<p>Virtual Spring Practice #3 2022 Blue: 8:00-8:45am 2028s-2029s: 9-9:45am 2026s/2027s: 10-10:45am 2025s: 11-11:45am 2023 Black: 12pm-12:45pm 2023 Blue: 12:50-1:35pm 2024 Black: 1:40-2:25pm 2024 Blue NE/RI: 2:35-3:20pm 2021 Black:3:30-4:15pm 2022 Black: 4:25-5:10pm 2021 Blue: 5:20-6:05pm</p>	OFF	OFF	OFF
Sunday, May 24th	OFF	<p>All Grad Years Warm Up/Stretch Chair Workout (High School Only) Shoulder Workout [For All: Reference REVlax's Tutorial Vids on Site]</p> <p>All Grad Years without leg pain SPRINTING w/ STICK: While cradling a ball, sprint the following distances: 5yds/10yds/15yds/ 20yds/25 yds. 1 set is when you complete the 5 sprints. The focus is proper cradling technique, stick back in your set point.</p> <p>2021s-2024s: 5 sets total, 10 sec rest bw sprints, 30 sec rest bw sets 2025s-2029s: 3 sets total, 10 sec rest bw sprints, 30 sec rest bw sets</p>	OFF	<p>2021s-2026s 2x per day wallball challenge Execute on GroupMe</p> <p>2027s-2029s 15 minutes of catching/passing With a parent, sibling or on a wall/bounceback</p>	<p>2021s-2026s who didn't pass Split Dodge Test Continue working on Split Dodge to net</p> <p>2027s-2029s: 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>21s-26s who did not pass Pops A&B Test Continue working on Pops A&B</p> <p>27-29s OFF</p>