

**JUNE 8 - JUNE 14**



DAY	ACADEMICS	FITNESS	LACROSSE IQ/TEAM/RECRUITING	STICKWORK	TECHNIQUE	TOUCH
Monday, June 8th	<p><b>Learn the SAT Word of the Day</b> Check your Email (Check junk folder if you don't receive)</p> <p><b>REVLax Recommended Read of the Day</b> Check your Email (Check junk folder if you don't receive)</p> <p><b>30 Minutes of Reading</b> Read for 30 minutes a day!</p>	<p><u><b>AFTERNOON/EVENING</b></u> Sit Up Workout Shoulder Workout [Reference REVLax's Vids on Site]</p>	OFF	<p><u><b>2021s-2026s</b></u> <b>2x per day wallball challenge</b> Execute on GroupMe</p> <p><u><b>2027s-2029s</b></u> <b>15 minutes of catching/passing</b> With a parent, sibling or on a wall/bounceback</p>	OFF	OFF
Tuesday, June 9th	OFF	<p><u><b>ALL GRAD YEARS - MORNING</b></u> <u><b>(Players without leg pain)</b></u> .2 Mile Warm Up/Stretch Timed Mile - BEAT LAST WEEK <b>Put time into @Home GroupMe</b></p> <p>Zoom Workout for ALL of REVLax Nation: 5pm (21s-29s)</p>	OFF	<p><u><b>2021s-2026s</b></u> <b>2x per day wallball challenge</b> Execute on GroupMe</p> <p><u><b>2027s-2029s</b></u> <b>15 minutes of catching/passing</b> With a parent, sibling or on a wall/bounceback</p>	<p><u><b>IF YOU PASSED LAST WEEK: 2021s-2026s</b></u> You do not need to submit a video, keep perfecting the most important dodge in the womans game!</p> <p><u><b>IF YOU FAILED LAST WEEK: 2021s-2026s</b></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><b>SPLIT DODGE: 2027s-2029s</b></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</p>	<p><u><b>Group Balls</b></u> Roll the ball out about 5 yards, sprint through it, pick up the ball and continue your sprint for another 5 yards</p> <p>21s-24s: 30 total (15 right/15 left)</p> <p>25s-29s: 20 total (10 right/10 left)</p>
Wednesday, June 10th	<p><b>Learn the SAT Word of the Day</b> Check your Email (Check junk folder if you don't receive)</p> <p><b>REVLax Recommended Read of the Day</b> Check your Email (Check junk folder if you don't receive)</p> <p><b>30 Minutes of Reading</b> Read for 30 minutes a day!</p>	<p><u><b>BEFORE SCHOOL</b></u> Sit Up Workout Shoulder Workout (21s-24s only) [Reference REVLax's Tutorial Vids on Site]</p> <p><u><b>AFTER SCHOOL (Players without leg pain)</b></u> .2 mile Warm Up/Stretch SPRINTING w/ STICK: While cradling a ball, sprint the following distances: 10yds/40yds/60yds/80yds/100yds 1 set is when you complete the 5 sprints.</p> <p><b>2021s-2024s:</b> 5 sets total, 10 sec rest bw sprints, 30 sec rest bw sets <b>2025s-2029s:</b> 3 sets total, 20 sec rest bw sprints, 30 sec rest bw sets</p>	<p><b>Virtual Practices</b> <b>DEVO (25s-29s)</b> 3:15-4:15pm</p> <p><b>HS (21s-24s)</b> 4:30-5:45pm 21s/22s 5:50-7:15pm 23s/24s</p>	OFF	<p><u><b>IF YOU PASSED LAST WEEK: 2021s-2026s</b></u> You do not need to submit a video, keep perfecting the most important dodge in the womans game!</p> <p><u><b>IF YOU FAILED LAST WEEK: 2021s-2026s</b></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><b>SPLIT DODGE: 2027s-2029s</b></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</p>	<p><u><b>Group Balls</b></u> Roll the ball out about 5 yards, sprint through it, pick up the ball and continue your sprint for another 5 yards</p> <p>21s-24s: 30 total (15 right/15 left)</p> <p>25s-29s: 20 total (10 right/10 left)</p>

