

# JUNE 22 - JUNE 28



DAY	ACADEMICS	FITNESS	LACROSSE IQ/TEAM/RECRUITING	STICKWORK	TECHNIQUE
Monday, June 22nd	<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><b>ALL GRAD YEARS (Players without leg pain)</b></p> <p>.2 Mile Warm Up/Stretch Timed 2 Mile <b>Put time into @Home GroupMe</b></p>	<p>OFF</p>	<p><b>2021s-2026s</b> 2x per day wallball challenge Execute on GroupMe</p> <p><b>2027s-2029s</b> 15 minutes of catching/passing With a parent, sibling or on a wall/bounceback</p>	<p><b>All Grad Years</b> <b>Ground Balls To Split to Shot</b> Roll the ball out about 5 yards, sprint through it, pick up the ball , sprint, split and rip</p> <p>21s-24s: 30 total (15 right/15 left) 25s-29s: 20 total (10 right/10 left)</p>
Tuesday, June 23rd	<p>OFF</p>	<p><b>ALL GRAD YEARS</b> Sit Up Workout Shoulder Workout (21s-24s only) Upper Body Workout</p> <p>[Reference REVLax's Tutorial Vids on Site]</p>		<p><b>2021s-2026s</b> 2x per day wallball challenge Execute on GroupMe</p> <p><b>2027s-2029s</b> 15 minutes of catching/passing With a parent, sibling or on a wall/bounceback</p>	<p><b>All Grad Years</b> <b>Ground Balls To Split to Shot</b> Roll the ball out about 5 yards, sprint through it, pick up the ball , sprint, split and rip</p> <p>21s-24s: 30 total (15 right/15 left) 25s-29s: 20 total (10 right/10 left)</p>
Wednesday, June 24th	<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><b>ALL GRAD YEARS (Players without leg pain)</b></p> <p>.2 mile Warm Up/Stretch SPRINTING w/ STICK: While cradling a ball, sprint the following distances: 20yds/50yds/80yds/100yds 1 set is when you complete the 4 sprints.</p> <p><b>2021s-2024s:</b> 10 sets total, 10 sec rest bw sprints, 30 sec rest bw sets <b>2025s-2029s:</b> 5 sets total, 20 sec rest bw sprints, 30-60 sec rest bw sets</p>	<p><b>Virtual Practices</b> ALL GOALIES (21s-27s) 5:50-7:15pm ALL GOALIES</p> <p>DEVO FIELD PLAYERS (25s-29s) 3:15-4:15pm</p> <p>HS (21s-24s) FIELD PLAYERS 4:30-5:45pm 23s/24s 5:50-7:15pm 21s/22s</p>	<p>OFF</p>	<p><b>All Grad Years</b> <b>Ground Balls To Split to Shot TEST</b> Roll the ball out about 5 yards, sprint through it, pick up the ball , sprint, split and rip</p> <p>21s-24s: 30 total (15 right/15 left) 25s-29s: 20 total (10 right/10 left)</p> <p><b>SUBMIT VIDEO TO THE @HOME GROUPME</b></p>

# JUNE 22 - JUNE 28



DAY	ACADEMICS	FITNESS	LACROSSE IQ/TEAM/RECRUITING	STICKWORK	TECHNIQUE
Thursday, June 25th	OFF	<p><u>ALL GRAD YEARS</u> Sit Up Workout Shoulder Workout (21s-24s only) Upper Body Workout</p> <p>[Reference REVlax's Tutorial Vids on Site]</p> <p><b>(Players without leg pain):</b> .2 Mile Warm Up/Stretch Timed 1 Mile <b>Put time into @Home GroupMe</b></p>	<p><u>Lacrosse IQ Webinar #11</u> 2021s-2026s (Parents Welcome) Optional for 27s-29s Lacrosse IQ Webinar #9 5-6pm</p>	<p><u>2021s-2026s</u> <b>2x per day wallball challenge</b> Execute on GroupMe</p> <p><u>2027s-2029s</u> <b>15 minutes of catching/passing</b> With a parent, sibling or on a wall/bounceback</p>	<p><u>All Grad Years</u> <b>Ground Balls To Split to Shot</b> Roll the ball out about 5 yards, sprint through it, pick up the ball , sprint, split and rip</p> <p>21s-24s: 30 total (15 right/15 left) 25s-29s: 20 total (10 right/10 left)</p>
Friday, June 26th	<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>ALL GRAD YEARS</u> 4pm Zoom Workout</p>	OFF	<p><u>2021s-2026s</u> <b>2x per day wallball challenge</b> Execute on GroupMe</p> <p><u>2027s-2029s</u> <b>15 minutes of catching/passing</b> With a parent, sibling or on a wall/bounceback</p>	<p><u>All Grad Years</u> <b>Ground Balls To Split to Shot</b> Roll the ball out about 5 yards, sprint through it, pick up the ball , sprint, split and rip</p> <p>21s-24s: 30 total (15 right/15 left) 25s-29s: 20 total (10 right/10 left)</p>
Saturday, June 27th	OFF	<p><u>2021s-2025s</u> Upper Body TEST Do the <b>Upper Body Workout</b> [Reference REVlax's Tutorial Vids on Site] and time lapse it so we can evaluate your form. Upload your tiem lapse to the @Home GroupME</p> <p>Jump Rope 3min as fast as you can. Repeat 3x. How many jumps in each set?</p>	OFF	<p><u>2021s-2026s</u> <b>2x per day wallball challenge</b> Execute on GroupMe</p> <p><u>2027s-2029s</u> <b>15 minutes of catching/passing</b> With a parent, sibling or on a wall/bounceback</p>	<p><u>All Grad Years</u> <b>Ground Balls To Split to Shot</b> <b>TEST FOR THOSE WHO FAILED</b> Roll the ball out about 5 yards, sprint through it, pick up the ball , sprint, split and rip</p> <p>21s-24s: 30 total (15 right/15 left) 25s-29s: 20 total (10 right/10 left)</p> <p><b>SUBMIT VIDEO TO THE @HOME GROUPME</b></p>
Sunday, June 28th	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY