

JUNE 29 - JULY 5



DAY	ACADEMICS	FITNESS	LACROSSE IQ/TEAM/RECRUITING/PRACTICE	STICKWORK	TECHNIQUE/TOUCH
Monday, June 29th	<p>FINAL WEEK 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</u> (Players without leg pain) .2 Mile Warm Up/Stretch Timed 2 Mile - BEAT LAST WEEK Put time into @Home GroupMe</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>Practice Routines That You Haven't Passed:</u> Pops A Pops B Pops C Pops D Split Dodge To Net Ground Balls To Net</p>
Tuesday, June 30th	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>	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>Practice Routines That You Haven't Passed:</u> Pops A Pops B Pops C Pops D Split Dodge To Net Ground Balls To Net</p>
Wednesday, July 1st	<p>FINAL WEEK 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>OFF FOR RI PLAYERS</u></p> <p><u>NE/NY (Players without leg pain)</u> .2 mile Warm Up/Stretch SPRINTING w/ STICK: While cradling a ball, sprint the following distances: 20yds/50 yds/80yds/100yds 1 set is when you complete the 4 sprints.</p> <p>2021s-2024s: 10 sets total, 10 sec rest bw sprints, 30 sec rest bw sets 2025s-2029s: 5 sets total, 20 sec rest bw sprints, 30-60 sec rest bw sets</p>	<p><u>IN PERSON</u> <u>RI Summer Practice #1</u> For ALL RI Players ONLY Location: The Glenn 5:00-6:30pm 2026s-2029s F1 5:00-6:30pm 2024s-2025s F2 6:30-8:00pm. 2021s-2022s F1 6:30-8:00pm 2023 F2</p>	<p>OFF FOR RI PLAYERS</p> <p>FOR NE/NY PLAYERS <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>Practice Routines That You Haven't Passed:</u> Pops A Pops B Pops C Pops D Split Dodge To Net Ground Balls To Net</p>

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DAY	ACADEMICS	FITNESS	LACROSSE IQ/TEAM/RECRUITING	STICKWORK	TECHNIQUE
Thursday, July 2nd	OFF	<p>OFF FOR NE/NY PLAYERS</p> <p>RI (Players without leg pain) .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>2021s-2024s: 10 sets total, 10 sec rest bw sprints, 30 sec rest bw sets 2025s-2029s: 5 sets total, 20 sec rest bw sprints, 30-60 sec rest bw sets</p>	<p>IN PERSON NE/NY Summer Practice #1 For ALL NE/NY Players Location: Newton North 5:00-6:30pm 2022s/2024s 6:40-8:00pm 2021s/2023s</p> <p>2025s-2029s Due to restrictions, these players can plan to begin practice on July 9th. If we are able to begin this week, we will notify families.</p>	<p>OFF FOR NE/NY PLAYERS</p> <p>FOR RI PLAYERS 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>Practice Routines That You Haven't Passed: Pops A Pops B Pops C Pops D Split Dodge To Net Ground Balls To Net</p>
Friday, July 3rd	<p>FINAL WEEK 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 Sit Up Workout Shoulder Workout (21s-24s only) Upper Body Workout</p> <p>[Reference REVLax's Tutorial Vids on Site]</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>Practice Routines That You Haven't Passed: Pops A Pops B Pops C Pops D Split Dodge To Net Ground Balls To Net</p>
Saturday, July 4th	<p>REST DAY HAPPY 4TH OF JULY!!!!</p>	<p>REST DAY HAPPY 4TH OF JULY!!!!</p>	<p>REST DAY HAPPY 4TH OF JULY!!!!</p>	<p>REST DAY HAPPY 4TH OF JULY!!!!</p>	<p>REST DAY HAPPY 4TH OF JULY!!!!</p>
Sunday, July 5th	REST DAY	<p>2021s-2024s SHOULDER TEST Do the Shoulder Workout [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>	REST DAY	REST DAY	<p>Practice Routines That You Haven't Passed: Pops A Pops B Pops C Pops D Split Dodge To Net Ground Balls To Net</p>