

# JUNE 29 - JULY 5



DAY	ACADEMICS	FITNESS	LACROSSE IQ/TEAM/RECRUITING/PRACTICE	STICKWORK	TECHNIQUE/TOUCH
Monday, June 29th	<p><b>FINAL WEEK</b> 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><b>30 Minutes of Reading</b> Read for 30 minutes a day!</p>	<p><b>ALL GRAD YEARS</b> <b>(Players without leg pain)</b></p> <p>.2 Mile Warm Up/Stretch Timed 2 Mile - BEAT LAST WEEK <b>Put time into @Home GroupMe</b></p>	OFF	<p><b>2021s-2026s</b> <b>2x per day wallball challenge</b> Execute on GroupMe</p> <p><b>2027s-2029s</b> <b>15 minutes of catching/passing</b> With a parent, sibling or on a wall/bounceback</p>	<p><b>Practice Routines That You Haven't Passed:</b> Pops A Pops B Pops C Pops D Split Dodge To Net Ground Balls To Net</p>
Tuesday, June 30th	OFF	<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>	OFF	<p><b>2021s-2026s</b> <b>2x per day wallball challenge</b> Execute on GroupMe</p> <p><b>2027s-2029s</b> <b>15 minutes of catching/passing</b> With a parent, sibling or on a wall/bounceback</p>	<p><b>Practice Routines That You Haven't Passed:</b> Pops A Pops B Pops C Pops D Split Dodge To Net Ground Balls To Net</p>
Wednesday, July 1st	<p><b>FINAL WEEK</b> 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><b>30 Minutes of Reading</b> Read for 30 minutes a day!</p>	<p><b>OFF FOR RI PLAYERS</b></p> <p><b>NE/NY (Players without leg pain)</b> .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><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>IN PERSON</b> <b>RI Summer Practice #1</b> 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><b>OFF FOR RI PLAYERS</b></p> <p><b>FOR NE/NY PLAYERS</b> <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>Practice Routines That You Haven't Passed:</b> 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><b>OFF FOR NE/NY PLAYERS</b></p> <p><b>RI (Players without leg pain)</b>                      .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>IN PERSON</b>  <b>NE/NY Summer Practice #1</b>                      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><b>FOR RI PLAYERS</b>  <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>Practice Routines That You Haven't Passed:</b>                      Pops A                      Pops B                      Pops C                      Pops D                      Split Dodge To Net                      Ground Balls To Net</p>
Friday, July 3rd	<p><b>FINAL WEEK</b>  <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</b>                      Sit Up Workout                      Shoulder Workout (21s-24s only)                      Upper Body Workout</p> <p>[Reference REVLax's Tutorial Vids on Site]</p>	OFF	<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>Practice Routines That You Haven't Passed:</b>                      Pops A                      Pops B                      Pops C                      Pops D                      Split Dodge To Net                      Ground Balls To Net</p>
Saturday, July 4th	<p>REST DAY  <b>HAPPY 4TH OF JULY!!!!</b></p>	<p>REST DAY  <b>HAPPY 4TH OF JULY!!!!</b></p>	<p>REST DAY  <b>HAPPY 4TH OF JULY!!!!</b></p>	<p>REST DAY  <b>HAPPY 4TH OF JULY!!!!</b></p>	<p>REST DAY  <b>HAPPY 4TH OF JULY!!!!</b></p>
Sunday, July 5th	REST DAY	<p><b>2021s-2024s SHOULDER TEST</b>                      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><b>Practice Routines That You Haven't Passed:</b>                      Pops A                      Pops B                      Pops C                      Pops D                      Split Dodge To Net                      Ground Balls To Net</p>