

## BORO LAX 500 AT 30 CHALLENGE

### Promise / Oath / Commitment / Pledge

I \_\_\_\_\_ Pledge to complete the BORO LAX 500 AT 30 CHALLENGE. The challenge is for you to complete 500 wall balls per day for 30 days in a row. Our promise to you is that your stick skills will improve exponentially and you will become the player that you have always dreamed of becoming. Our request is that you encourage your friends and teammates to do the same.

It is important to note that while sticks skills are critical to your success the other elements of the game are also important and should be practiced as well. Cradling, Dodge Moves, Conditioning and overall LAX IQ are all important to your success in the game.

Sticks Up and Good Luck!

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