



Westborough Lacrosse Week 5 Challenge



TOTAL POINTS: __

Rules: One Point for Every Item Completed. Players Must Complete a minimum of two items per category to to count points and also complete the Character Category in full. You can complete an item more than once to accumulate more points

Lax Skills: Category Points _____

- Tree Dodging – Face Dodge, Split Dodge, Roll Dodge, around trees. (wear Helmet)
- Wall Ball: 25 right, 25 Left (no more than 100 per side in any session)
- Cradle the ball in the house for 15 min, use both hands
- 25 Poke Checks, 25 Slap Checks on a Pillow

Fitness: Category Points _____

**if done in full equipment points are multiplied by 2*

- Run 1 Mile
- 20 Sec. Hold Side Planks (both sides)
- 3 Rounds of 5 Split Luunge Jumps
- 3 Rounds of 10 Tuck Jumps
- 10 Scissor Kicks

Fun: Category Points _____

- Post a picture of you doing anything that involves Lacrosse Instagram or Facebook (tag Westborough Lacrosse on Facebook or Instagram) - if you can't post, have your parents send picture to your coach or challenge chair person – send permission to post to Social Media
- Watch a YouTube Video about the NLL (National Lacrosse League – Indoor Lacrosse)
- Watch the movie "Spirit Game" about the Iroquois National Team
- Play a board game with your family (and focus on Sportsmanship)

Character (Sportsmanship): Category Points _____

This week's topic is Sportsmanship. Every week most of you are involved in some sort of competition. We respect that competition. The best way to respect the competition is through good sportsmanship.

Write down one way you think you can show good sportsmanship when you play in a game

Next, play a game this week with someone else. If you win, make sure that you thank them for playing, and make sure they feel good after the game. If they win, make sure to notice how they handle sportsmanship, and also be sure to thank them for playing.