



**VARSITY COACHES THOMPSON & PRODOEHL
ENCOURAGE ALL ST CHARLES PLAYERS TO TAKE**

The Wall Ball Challenge

Feb. 14 to 19

Sharpen Your Stick for the 07 Season!

Who: Players who expect to play STC Lax Varsity or JV this Spring

Where: St Charles SportsPlex (indoor back wall)

Freshmen	Sophomores	Juniors	Seniors	Make-Up Day
Wed., 2.14 5.00-6.30pm	Thurs., 2.15 5.00-6.30pm	Fri., 2.16 5.00-6.30pm	Sun., 2.17 5.00-6.30pm	Mon., 2.19 5.00-6.30pm

If you can't make your assigned date, go to another.

Elevate your game by developing stick skills during the off-season. Minimum expectations for Varsity Players are listed below. JV players are expected to complete 80% of this:

- 1. Two-hand throw & catch:** 50 times, continuous, without dropping the ball, both right- and left-handed.
- 2. One-hand throw & catch:** 25 times, continuous, without dropping the ball, both right- and left-handed.
- 3. Switching hands 25 times:** Throw right & catch right, then switch hands and throw left & catch left. Alternate until completed 25.

Use gloves, and stand between 5 to 10 yards away from the wall. Long sticks can use shorties. All 175 should take less than 10 minutes. Put some velocity on the ball. Should be able to snap off sharp, crisp passes...not lame lobbies.

OBJECTIVE: To help you accomplish this & significantly improve your stick skills. If you can only successfully complete part of the challenge, that's OK. Keep doing it on your own through the spring. **This will make a huge difference in your level of play.** Ask any College Player or Coach.

Awards for the Top Three guys in each class & and awards for the most creative place to practice wall ball during winter.

If you want help learning how to do this, contact any of your coaches or parent Matt Ward at (708) 494 – 6029. Put on your iPod, crank the tunes and have fun with this! Good Luck, Guys!