

## Redhawk Lacrosse Off Season Activities

All Players not participating in a Fall and/or Winter sport are encouraged to attend/complete the following:

1. Offseason Weight program- The attached handout provides the details and the fall weight sheets. The workouts must be signed off by an adult (weight room supervisor, parent, trainer, etc.) Winter weight sheets will be distributed at the November registration meeting.
2. Offseason Wall Ball- The attached Wall Ball workout should be completed a minimum 4 days a week for fall and/or winter non-athletes. Fall and/or winter athletes should complete the workout twice a week.
3. Fall Ball- If you are not playing a fall sport, our Fall Ball team will be run through True Lacrosse. The team will be coached by Chicago Machine players, including Jake Deane and Mike Gabel. The Central players will be kept together as a team and get a chance to play against other area teams competing at a very high level (Lyons Township is one of the teams). The players will receive a discount for the league. Visit [www.truelacrosse.com](http://www.truelacrosse.com) and click on Fall Ball League for details.
4. Fall and Winter Open Gyms- All open gyms are held at Players Indoor in Naperville. Dates and Times are TBD and will be posted on the website
5. Offseason Team Building- Lacrosse is a team sport, and getting to know your teammates on and off the field will help you be more successful in the future. There are goals set up at Nike Park, as well as great walls all over town. Play pick-up games with teammates, even if it is just 3 on 3. Basketball is another great activity for team defense and communication. Talk to your non-lax friends and promote the sport. Watch indoor games on TV, play catch in your backyard, and be a lacrosse freak!