

First & Last Names: _____ Grade: _____

Email Address: _____

Directions:

- 1) Either print out p\Page 1 or re-write the MSLAX (aka BINGO) board on your own piece of paper.
- 2) Complete as many of the challenges below as you can. For each completed column/row/diagonal, you earn one entry into the raffle for various prizes.
- 3) Send a picture or PDF of your MSLAX board to winterwithkylieandrachel@mslax.net The submission deadline is Sunday, Jan. 3, 2021 at 11:59 pm. **On your board, tell us how you completed the Service & Community challenges.** Raffle prizes will be picked during the week of January 4th.

M	S	L	A	X
Cardio & Strength 1	Lacrosse 2	Mindset 3	Service & Community 2	Wellness 3
Mindset 2	Service & Community 3	Lacrosse 1	Cardio & Strength 4	Mindset 4
Flexibility 3	Cardio & Strength 2	Free Space	Mindset 5	Service & Community 4
Wellness 2	Mindset 1	Cardio & Strength 3	Flexibility 2	Lacrosse 4
Service & Community 1	Flexibility 1	Wellness 1	Lacrosse 3	Service & Community 5

CARDIO & STRENGTH

#	Challenge	Link (if applicable)
1	Redo the "Get in LAX Shape!" workout from Dec. 8	Get in Lax Shape (8-Dec)
2	Redo the "Get in LAX Shape!" workout from Dec. 15	Get in Lax Shape (15-Dec)
3	Redo the "Get in LAX Shape!" workout from Dec. 22	Get in Lax Shape (22-Dec)
4	45 min. walk and/or run outside	N/A

FLEXIBILITY

#	Challenge	Link (if applicable)
1	Total Body Yoga - Deep Stretch (Yoga with Adriene)	https://www.youtube.com/watch?v=GLy2rYHwUqY
2	Yoga for Strength (Yoga with Adriene)	https://www.youtube.com/watch?v=9kOCY0KNByw
3	Yoga to Feel Your Best (Yoga with Adriene)	https://www.youtube.com/watch?v=BPK9WNtpBgk

LACROSSE

#	Challenge	Link (if applicable)
1	Redo the pattern from "Stick Skills with Kylie" from 12/17.	https://www.mslax.net/page/show/6088641-stick-skills-with-kylie
2	Download the KO17 Lacrosse App (Free on the App Store!) & Watch 3 Videos on the App.	N/A
3	MSLax Shooting Session June 11th, 2020 - Start at 19:25 and do the whole shooting progression (rest of the video).	https://www.youtube.com/watch?v=_GiF2Inv0Zk
4	Watch "The Breakdown Episode 2" & practice the Split Dodges that Kylie teaches in that video for 30 minutes.	https://www.youtube.com/watch?v=ELT0VkuW8T8&list=PLIyr7n5OQOIkuLPERwp8To2mcZe2c--bg&index=2&t=106s

MINDSET

#	Challenge	Link (if applicable)
1	Make a list of 10 things you're thankful for.	N/A
2	Write down 5 challenges that you've overcome in 2020 & what you've learned from each of them.	N/A
3	Watch Kylie's One More Rep Mindset Video & Write Down 3 Important things you learned.	https://www.youtube.com/watch?v=W-Lwj7epajw&t=130s
4	Watch the video, "11 Growth Mindset Strategies: Overcome Your Fix Mindset to Grow as a Person". Reflect on which type of mindset you have, which strategies you are already using, and which strategies you can incorporate into your daily life.	https://www.youtube.com/watch?v=g7u6UwtmGyE
5	Make a list of 4 goals for yourself in 2021 and at least 3 actions steps for each goal.	N/A

SERVICE & COMMUNITY

#	Challenge	Link (if applicable)
1	Shovel your neighbor's driveway!	N/A
2	Write a Thank You letter/e-mail and send to at least three of your teachers/school staff.	N/A
3	Make someone in your family breakfast in bed.	N/A
4	Call or FaceTime someone you haven't talked to in the last 2 months or more to catch up.	N/A
5	Write a handwritten letter and mail it to a friend.	N/A

WELLNESS

#	Challenge	Link (if applicable)
1	Find a new recipe and make it for your family.	N/A
2	Drink 8 bottles (1 bottle = 16 oz.) of water in one day.	N/A
3	Self Care Session (hair, face mask, do your nails, etc.).	N/A