





# NonDom November

# 2025

## Double Reps in your NonDom

3<sup>rd</sup> / 4<sup>th</sup> Right Handed Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Record 1 min Score:  Record 2 min Score:
2 	3 (10) 1-Hand R (20) 1-hand L (10) 1-hand CST	4 (20) Righty (40) Lefty (20) CST	5 (25) Righty (50) Lefty (25) CST	6 (20) R QS (40) LQS (20) TSC	7 1min How many catches in Dom hand  2 min How many catches in NonDom Hand	8 Record 1 min Score:  Record 2 min Score:
9 	10 (10) 1-Hand R (20) 1-hand L (10) 1-hand CST	11 (20) Righty (40) Lefty (20) CST	12 (25) Righty (50) Lefty (25) CST	13 (20) R QS (40) LQS (20) TSC	14 1min How many catches in Dom hand  2 min How many catches in NonDom Hand	15 Record 1 min Score:  Record 2 min Score:
16 	17 (15) 1-Hand R (30) 1-hand L (15) 1-hand CST	18 (30) Righty (60) Lefty (30) CST	19 (35) Righty (70) Lefty (35) CST	20 (30) R QS (60) LQS (30) TSC	21 1min How many catches in Dom hand  2 min How many catches in NonDom Hand	22 Record 1 min Score:  Record 2 min Score:
23 	24 (15) 1-Hand R (30) 1-hand L (15) 1-hand CST	25 (30) Righty (60) Lefty (30) CST	26 (35) Righty (70) Lefty (35) CST	27 Thanksgiving! What are you most thankful for about playing lacrosse?	28 1min How many catches in Dom hand  2 min How many catches in NonDom Hand	29 Record 1 min Score:  Record 2 min Score: