**2022 Farmington Youth Lacrosse**

**Preseason  Challenge**

Pass and catch for 300 minutes. The goal is to pass and catch for ~10 minutes a day using both right and left hands in preparation for the lacrosse season. Email completed form by 4/2/2022 to Angie Timm [ajcusick722@gmail.com](mailto:ajcusick722@gmail.com)

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| --- | --- | --- | --- |
| **Session** | **Date** | **Time Passing and Catching** | **Total Time to Date** |
| **1** |  |  |  |
| **2** |  |  |  |
| **3** |  |  |  |
| **4** |  |  |  |
| **5** |  |  |  |
| **6** |  |  |  |
| **7** |  |  |  |
| **8** |  |  |  |
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| **14** |  |  |  |
| **15** |  |  |  |
| **16** |  |  |  |
| **17** |  |  |  |
| **18** |  |  |  |
| **19** |  |  |  |
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| **21** |  |  |  |
| **22** |  |  |  |
| **23** |  |  |  |
| **24** |  |  |  |
| **25** |  |  |  |
| **26** |  |  |  |
| **27** |  |  |  |
| **28** |  |  |  |
| **29** |  |  |  |
| **30** |  |  |  |
| **Total Minutes** | | |  |
| **Parent Signature** | | | |

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| **Player Name** | **Team Level** | **Shirt Size (circle one)** |
|  | **10U Girls / 10U Boys / 12U Girls**  **12U Boys / 14U Girls / 14U Boys** | **Youth Med / Youth Large / Youth XL**  **Adult Sm / Adult Med / Adult Large** |