

Panthers Lacrosse Wall Ball Challenge

Commitment to Success Chart

Name: _____

Team: _____

Grade: _____

No.	Week Of	Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Total	
1										
2										
3										Total for weeks 1-5
4										↓
5										
6										
7										
8										Total for weeks 6-10
9										↓
10										

The Panthers challenge is to encourage you to dedicate at least one hour per week (three 20 minute sessions) outside of practice to improve your lacrosse skills. Please record a * per 20 minutes of extra practice each week. Hand the completed form back to your coach at the end of the 10 weeks. Work hard and have fun!