

## **Tryouts: Week of February 18<sup>th</sup>**

### *Fitness Test:*

Timed 1 mile under 8 minutes, goalies 10 minutes

### *Wall Ball Test: (See Twitter Video)*

Timed routine: Varsity 2:30 minutes & JV 4:30 minutes

Right & Left (no stick)-10x each side

Right & Left (w/cradle)-10x each side

Switches- 10x each side

Opposites- 10x each side

Quick sticks (w/out cradle)-10x each side