



- **WEEKLY GOALS:**  
Squirts: 500 pucks  
Pee-Wees 750 pucks  
Bantams: 1,000 pucks

- **EQUIPMENT:**  
Pucks, stick cut to length for shoes or regular length if on rollerblades.  
Net or backstop. Garage, driveway, or basement.

- **TRACK:**  
Mark how many pucks you shoot each day, tally up weekly totals. (150-250 will keep you on pace for the week).

- **PICTURE:**  
Take a picture wearing your SYHA shirt, in front of your shooting area first week of June & July 31st (before & after). Return pictures with tracking sheet.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	TOTALS
	June 3	June 4	June 5	June 6	June 7	June 8	
June 9	June 10	June 11	June 12	June 13	June 14	June 15	
June 16	June 17	June 18	June 19	June 20	June 21	June 22	
June 23	June 24	June 25	June 26	June 27	June 28	June 29	
June 30	July 1	July 2	July 3	July 4	July 5	July 6	
July 7	July 8	July 9	July 10	July 11	July 12	July 13	
July 14	July 15	July 16	July 17	July 18	July 19	July 20	
July 21	July 22	July 23	July 24	July 25	July 26	July 27	
July 28	July 29	July 30	July 31				

PLAYER SIGNATURE \_\_\_\_\_

PARENT SIGNATURE \_\_\_\_\_

