ELY HOCKEY
RINK RAT PROGRAM

The Rink Rat Program is designed to improve our youth players' hockey skills by encouraging kids to work on these skills outside of their scheduled practices and games.

Guidelines:

* 40+ hours of extra practice time must be logged to earn an official Ely Rink Rat t-shirt.
* Team practices and league/tournament games do not count for extra time.
* Work on hockey skills, puck handling, shooting, skating skills and pick-up games with friends/family. Open Hockey is a great time to do this.
* Use the form below to record your child's time.
* Return your sheet to your parent rep **NO LATER than March 1.**
* Any other questions, contact your coach or parent rep.

DATE:	HOURS/MINS	ACTIVITY	DATE:	HOURS/MINS	ACTIVITY

Player: _____ **Coach:** _____ **Team:** _____

Parent Signature: _____ **Total Time:** _____

Shirt Size (circle): Youth: S M L XL Adult: S M L XL