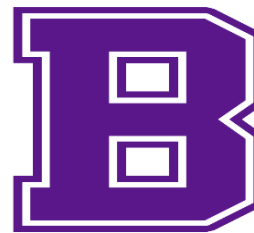


## Skater - Levels of Achievement

**Gold Level:** 10,000 Pucks with 750 Minutes Stick Handling and 2500 Burpees/Sit-Ups/Push-ups (any combo)

**Silver Level:** 7,500 Pucks with 500 Minutes Stick Handling and 1,000 Burpees/Sit-Ups/Push-ups (any combo)

**Bronze Level:** 5,000 Pucks with 350 Minutes Stick Handling



## Goalie - Levels of Achievement

**Gold Level:** Weekly Goalie Clinic with 750 Minutes Hand Eye and 2,500 Burpees/Sit-Ups/Push-Ups (any Combo)

**Silver Level:** Weekly Goalie Clinic with 500 Minutes Hand Eye and 1,000 Burpees/Sit-Ups/Push-Ups (any Combo)

**Bronze Level:** Weekly Goalie Clinic with 350 Minutes Hand Eye and 1,000 Burpees/Sit-Ups/Push-Ups (any Combo)



Name:				Team:		
Week of:	Skaters Only			Goalies Only		
	# Pucks Shot	Stick Handling	Burpees/Sit-Ups Push-ups (Strength Moves)	Weekly Clinic Attendance	Hand Eye Coordination	Burpees/Sit-Ups Push-ups (Strength Moves)
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Duration: October - January for Drawings, Program ends in February

**DUE EACH MONDAY to Coaches, Team Mgr to Enter into Google Forms by EOD TUESDAY**

**\*\*Skating 1 hr outside of practice counts for 100 pucks and 5min Stick Handling**

**\*\*Weekly Leader from each Team gets name in drawing for the Monthly Drawing**

**\*\*If you shoot 625 pucks, do 45 min Stick Handling, and 155 Strength moves each week, you will reach the GOLD Level**

**Smart Tip:**