



JOIN THE CLUB! THE BISON 5000 CLUB

3 Levels of Achievement

Gold Level: 5000 Pucks w/5 minute stick handling per day, 5000 situps/pushups

Silver Level: 5000 Pucks w/5 minute stick handling per day, 2000 situps/pushups

Bronze Level: 5000 Pucks w/5 minute stick handling per day

Week of: _____	SKATERS ONLY		GOALIES ONLY	SKATERS and GOALIES	
	# of Pucks Shot per Day (Goal=500/week)	5 Minutes of Stick Handling (Every Day)	Weekly Goalie Clinic Attendance	# of Push-Ups per day (Goal = 500/week)	# of Sit-Ups per day (Goal = 500/week)
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					
Total per week:					

Please turn in your weekly homework to your coach or manager each Monday night.

*If you skate for 1 hour outside of practice, that counts for 100 pucks and stick handling for the day!

*You can turn in partially completed sheets to your manager/coach and you can also do more than the recommended amounts in a week to catch up! (Typical program =10 weeks) The 5000 Puck Club starts as soon as you are assigned to a team and ends roughly the middle of February.

Player Signature _____ Date _____

Parent Signature _____