

## Mankato Hockey Summer Activity Challenge 2019



<b>Purpose:</b>	The Purpose of this Activity Challenge is to provide the players that will be Mite level 4 thru Pee wee/12U in the 2019-2020 season of the Mankato Area Hockey Association with a defined objective to work towards in the summer of 2019.
<b>Goal:</b>	The Goal of this Activity Challenge is to <b>complete 5 or more</b> of the activities listed on <b>15 or more</b> of the days in the month shown. Players are to simply <b>mark an X</b> of the activity completed on the date that completed.
<b>Accomplishment:</b>	Players that Accomplish the Activity Challenge 2019 will receive acknowledgement of completion as well as an exclusive MAHA 2019 T-Shirt.

**Hockey Operations Message:**

This program was developed by the Mankato Hockey Operations Committee to provide a baseline activity program for our athletes to follow and track their own progress. This program is optional to our athletes and is based upon the honor system. The goal of the Hockey Operations Committee is to foster a competitive and challenging association based on the development of our student athletes.

<b>Activity</b>	6/1/2019	6/2/2019	6/3/2019	6/4/2019	6/5/2019	6/6/2019	6/7/2019	6/8/2019	6/9/2019	6/10/2019	6/11/2019	6/12/2019	6/13/2019	6/14/2019	6/15/2019	6/16/2019	6/17/2019	6/18/2019	6/19/2019	6/20/2019	6/21/2019	6/22/2019	6/23/2019	6/24/2019	6/25/2019	6/26/2019	6/27/2019	6/28/2019	6/29/2019	6/30/2019			
Shoot Pucks (100)																																	
Stickhandling (20 minutes)																																	
Roller Blading (30 minutes)																																	
Street Hockey (30 minutes)																																	
Bike Riding (60 minutes)																																	
Sit-Ups (50)																																	
Plank (10 minutes)																																	
Leg Plank (10 minutes)																																	
Push-Ups (50)																																	
Lunges (50)																																	
Wall Sits (10 minutes)																																	
Jogging (30 minutes)																																	
Squats (100)																																	
Outdoor Activity (30 minutes)																																	

<b>Player Name:</b>		<b>Email Completed Activity Log by July 7th to: hockeyoperations@mankatohockey.com</b>
<b>Parent Name:</b>		