



# Glen Avon Hockey Rink Rat Completion Form

**Objective:**

- To encourage the kids to play hockey outside of scheduled practices and games.

### Goal:

- To improve hockey skills and have fun!

### Guidelines:

- 30 hours of extra practice time is the goal to earn cool Glen Avon apparel!
- Monthly leaders at each level will get prizes
- Team practices and league/tournament games do not count.
- Working on hockey skills, puck handling, shooting, skating skills and pick-up games with friends and family.
- Use the form below to record time spent rink ratting.
- Return your sheet to your coach NO LATER than March 1, 2021.
- Any questions, please contact your coach or Nathan Palm at 218-213-4543

[illegible]


Player Name:\_\_\_\_\_

Level:    Squirt        Mite 2        Mite 1

Team Name:\_\_\_\_\_

Player Signature:\_\_\_\_\_

Parent Signature:\_\_\_\_\_