

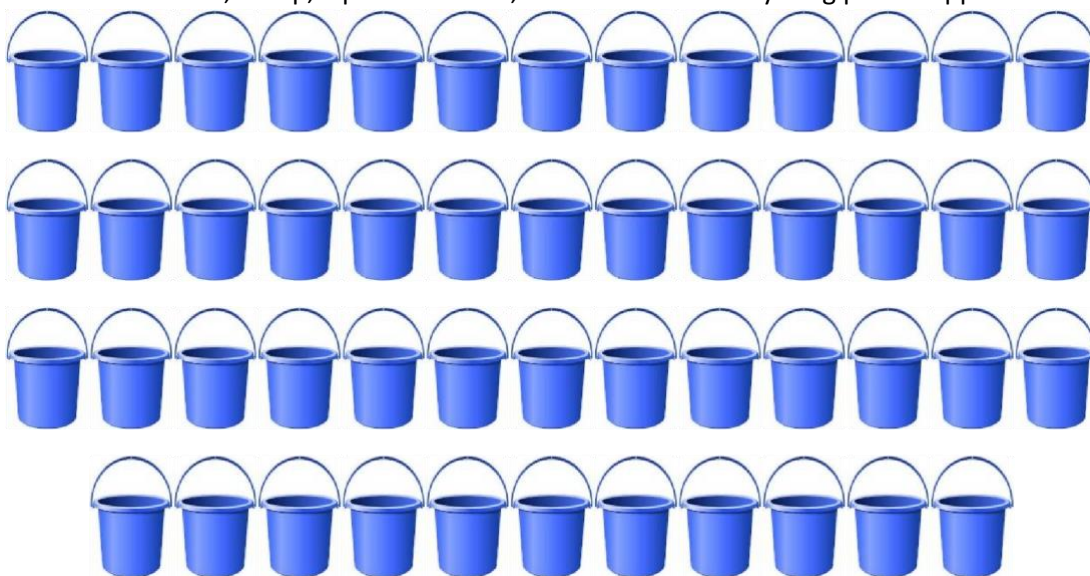


5K Shot Club and Stick Handling Tally Sheet

Cross off each bucket/stick when you have accomplished a task to earn an Eastview Hockey 5K Shot Club t-shirt! **Completed sheets are due 9/5 (send to clarsen@eastviewhockey.net)**

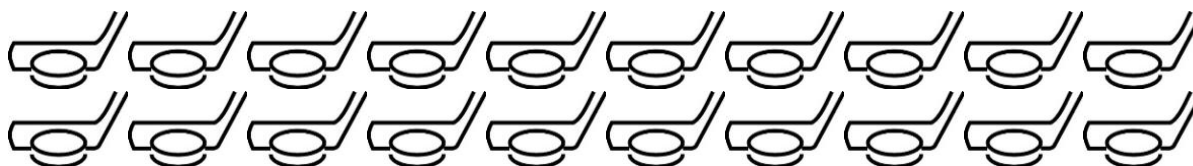
5,000 shots (each bucket represents 100 pucks shot)

Shoot on a net, a tarp, a piece of wood, a cardboard box. Anything parent-approved!



200 Minutes of Stick Handling (each image equates to 10 mins)

Set up your own obstacles/drills and go to work. Change it up as often as you like, challenge yourself!



PRINT Name: _____ Date completed: _____

Parents Signature _____

T-Shirt

Size: YS YM YL YXL S M L XL

