



# JOIN THE CLUB THE FLYERS PUCK CLUB



**Auto Mall of Sioux Falls**



## **SKATER – LEVELS OF ACHIEVEMENT**

GOLD LEVEL – 15,000 Pucks, 10 minutes of stick handling per day (5 days/week)\*, and 5,000 burpees/sit-ups\*\*

SILVER LEVEL – 12,500 Pucks, 10 minutes of stick handling per day (5 days/week)\*, and 2,000 burpees/sit-ups\*\*

BRONZE LEVEL – 10,000 Pucks and 10 minutes of stick handling (5 days/week)\*

## **GOALIE – LEVELS OF ACHIEVEMENT**

GOLD LEVEL – 10 minutes of hand eye with racquetball, 10 minutes of Pilates, Stretching, or Core workout per day, and 5,000 burpees/sit-ups\*\*

SILVER LEVEL - 10 minutes of hand eye with racquetball, 10 minutes of Pilates, Stretching, or Core workout per day, and 2,000 burpees/sit-ups\*\*

BRONZE LEVEL - 10 minutes of hand eye with racquetball and 10 minutes of Pilates, Stretching, or Core workout per day

Week Ending (Sunday) _____	Skaters Only		Goalies Only		Skaters/Goalies	
	# of pucks shot per day	Minutes of Stick Handling	10 Minutes of hand eye with racquetball	10 Minutes of Pilates/Stretching/Core	# of Burpees per day	# of Sit-ups per day
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
<b>Total for Week:</b>						

- Please enter weekly results on Flyers website - [www.siouxfallsflyers.com/puckclub](http://www.siouxfallsflyers.com/puckclub)
- If you do a camp or go to stick/puck, that counts for 100 pucks and 10 minutes stick handling for the day.
- Stick handling can consist of Terry Cullen's stick handling circuit, SuperDeker, or any stick handling on your own.
- Puck Club starts 6/9/25 and ends 10/26/25
- \* 1,000 total minutes of stick handling (30 Min/day max to catchup)
- \*\*30 minute workout counts for 100 burpees/sit-ups

Player \_\_\_\_\_