## HERMANTOWN HOCKEY RINK RAT PROGRAM



## **Objective:**

\* To encourage kids to play hockey outside of scheduled practices and games **Goal:** 

## \*

\* To improve players general hockey skills

Guidelines:

- \* 40+ hours of extra practice time is the goal to earn a t-shirt
- \* Team practices and leaque/tournament games do not count for extra time
- \* Working on hockey skills, puck handling, shooting, skating skills and pick up games with friends/family
- \* Use the form below to record your childs time
- \* Return your sheet to your coach NO LATER than February 15th
- \* Any other questions, contact your coach

| Date:  | Time (hrs/mins): | Date: | Time (hrs/mins):  | Date: | Time (hrs/mins): |  |
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| Coach: |                  |       | Player:           |       |                  |  |
| Team:  |                  | _     | Parent Signature: |       |                  |  |
| Level: |                  |       | Total Time:       |       |                  |  |

Shirt Size (circle): Youth: S M L XL Adult: S M L XL