HERMANTOWN HOCKEY RINK RAT PROGRAM



Objective:

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

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* 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):	
Coach:			Player:			
Team:		_	Parent Signature:			
Level:			Total Time:			

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