

Mankato Hockey STARS OF SUMMER Activity Challenge 2018



Purpose:	The Purpose of this Activity Challenge is to provide the players that will be Mite level 4 thru Pee wee/12U in the 2018-2019 season of the Mankato Area Hockey Association with a defined objective to work towards in the summer of 2018.
Goal:	The Goal of this Activity Challenge is to complete 5 or more of the activities listed on 15 or more of the days in the month shown. Players are to simply mark an X of the activity completed on the date that completed.
Accomplishment:	Players that Accomplish the Activity Challenge 2018 will receive acknowledgement of completion as well as an exclusive MAHA 2018 T-Shirt.

Hockey Operations Message:

This program was developed by the Mankato Hockey Operations Committee to provide a baseline activity program for our athletes to follow and track their own progress. This program is optional to our athletes and is based upon the honor system. The goal of the Hockey Operations Committee is to foster a competitive and challenging association based on the development of our student athletes.

Activity	7/1/2018	7/2/2018	7/3/2018	7/4/2018	7/5/2018	7/6/2018	7/7/2018	7/8/2018	7/9/2018	7/10/2018	7/11/2018	7/12/2018	7/13/2018	7/14/2018	7/15/2018	7/16/2018	7/17/2018	7/18/2018	7/19/2018	7/20/2018	7/21/2018	7/22/2018	7/23/2018	7/24/2018	7/25/2018	7/26/2018	7/27/2018	7/28/2018	7/29/2018	7/30/2018
Shoot Pucks (100)																														
Stickhandling (20 minutes)																														
Roller Blading (30 minutes)																														
Street Hockey (30 minutes)																														
Bike Riding (60 minutes)																														
Sit-Ups (50)																														
Plank (10 minutes)																														
Leg Plank (10 minutes)																														
Push-Ups (50)																														
Lunges (50)																														
Wall Sits (10 minutes)																														
Jogging (30 minutes)																														
Squats (100)																														
Outdoor Activity (30 minutes)																														
<i>Outdoor Activities include 30 minutes of any physical activity outdoors: baseball, football, lacrosse, soccer, hiking, swimming, kayaking, canoeing, etc.</i>	Player Name:		Email Completed Activity Log by August 7th to: hockeyoperations@mankatohockey.com																											
	Parent Name:																													