



SABRE BINGO

RULES



While we take a pause in our season, let's keep our bodies, minds and spirits SABRE STRONG.

- BINGO #1 (plus any other) is required to be able to enter. Keep those bodies moving!
- Each day (M-F), mark off as many activities as you can in that daily row.
- At the end of the week, add up the number of BINGOS completed.
- Fill the whole card for a total of 13 entries!
- Submit your completed card at SartellHockey.com by Saturday.
- New cards will be issued each week we are on "pause".

	S	A	B	R	E	S	
M	Exercise	2	3	4	5	6	7
T	Exercise						8
W	1 Exercise			12	13		9
T	Exercise						10
F	Exercise						11



SABRE BINGO

for Travel Teams



While we take a pause in our season, let's keep our bodies, minds and spirits SABRE STRONG.

Complete at least **2 SABRE BINGOS** before November 28 to be entered into a weekly drawing for a gift certificate to a local sponsor business. One entry for each completed BINGO. Winners announced on the SYHA Facebook page. Submit your completed card at SartellHockey.com.

	S	A	B	R	E	S
M	25 Burpees 25 Push Ups 25 Sit Ups 60 Sec. Plank 60 Sec. Wall Sit	Write out your goals for the week	24-Hour Video Game Break	Read a hockey skills article	Shoot 100 Pucks	Clean Your Room
T	2x 20 Lunges (each leg) 20 Push Ups 20 Squats 20 Sit Ups	Shoot 100 Pucks	Read a hockey skills article	Facetime with a teammate you haven't talked to in a week	1 Mile Run, 20 Minutes of Stretching	Flip + Catch a puck on your stick 20 Minutes
W	25 Burpees 25 Push Ups 25 Sit Ups 60 Sec. Plank 60 Sec. Wall Sit	Help make a meal for your family	Stickhandle for 20 Minutes	Organize your hockey bag	24-Hour Video Game Break	Read a hockey skills article
T	2x 20 Lunges (each leg) 20 Push Ups 20 Squats 20 Sit Ups	Do the Dishes or Take out the Trash	Bounce a ball on your stick 20 Minutes	Shoot 100 Pucks	Watch a hockey themed movie	1 Mile Run, 20 Minutes of Stretching
F	25 Burpees 25 Push Ups 25 Sit Ups 60 Sec. Plank 60 Sec. Wall Sit	Stickhandle for 20 Minutes	Get Fresh Air! Play Outside, Take a Walk	24-Hour Video Game Break	Read a hockey skills article	Spread Cheer! Do something nice for someone

Player Signature: _____ Parent Signature: _____



SABRE BINGO

for Mites & Intro Players



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	S	A	B	R	E	S
M	10 Push Ups 10 Sit Ups 20 High Knees 20 Squats	Write 5 things you are thankful for	Practice stickhandling for 10 minutes	Draw your favorite hockey moment	Challenge! See how many Jumping jacks you can do in 1 minute	Clean Your Room
T	20 Jumping Jacks 30 Second Plank 10 Leg Kicks 20 Mountain Climbers	Read a hockey related story	Practice Shooting Pucks/Balls	Facetime with a teammate or friend you haven't talked to in a week	Run in Place for 5 Minutes	Try to Flip + Catch a puck on your stick
W	10 Push Ups 10 Sit Ups 20 High Knees 20 Squats	Help make your family meal	Read a book about making someone feel happy	Organize your hockey bag	Tell a family member your favorite hockey memory	Practice stickhandling for 10 minutes
T	20 Jumping Jacks 30 Second Plank 10 Leg Kicks 20 Mountain Climbers	Do the Dishes or Take out the Trash	Try bouncing a ball on your stick	Practice Shooting Pucks/Balls	Watch a hockey themed movie	Make a card for a family member
F	10 Push Ups 10 Sit Ups 20 High Knees 20 Squats	Practice stickhandling for 10 minutes	Get Fresh Air! Play Outside, Take a Walk	24-Hour Video Game or Device Break	Challenge a parent to a game of your choice!	Spread Cheer! Do something nice for someone

Player Signature: _____

Parent Signature: _____