



JOIN THE CLUB! THE BISON 5000 CLUB

SKATER --- LEVELS OF ACHIEVEMENT

GOLD LEVEL: 5000 Pucks w/5 minutes stick handling per day; 5000 Burpees/Sit-ups

SILVER LEVEL: 5000 Pucks w/5 minutes stick handling per day; 2000 Burpees/Sit-ups

BRONZE LEVEL: 5000 Pucks w/5 minutes stick handling per day

GOALIE --- LEVELS OF ACHIEVEMENT

GOLD LEVEL: Weekly Goalie Clinic w/10 minutes Hand Eye with Racket Ball; 5000 Burpees/Sit-ups

SILVER LEVEL: Weekly Goalie Clinic w/10 minutes Hand Eye with Racket Ball; 2000 Burpees/Sit-ups

BRONZE LEVEL: Weekly Goalie Clinic w/10 minutes Hand Eye with Racket Ball

Week of:	SKATERS ONLY		GOALIES ONLY		SKATERS and GOALIES	
	# of Pucks Shot per Day (Goal = 500/week)	5 Minutes of Stick Handling (Every Day)	Weekly Goalie Clinic Attendance	10 Minutes of Hand Eye with Racket Ball (Every Day)	# of Burpees per day (Goal = 500/week)	# of Sit-Ups per day (Goal = 500/week)
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						
Total Per Week:						

- Please turn in your weekly homework to your coach or team manager each Monday night.
- If you skate for 1 hour outside of practice, that counts for 100 pucks and stick handling for the day!
- You can turn in partially completed sheets to your coach/manager and you can also do more than the recommended amounts in a week to catch up!
- The 5000 Puck Club starts as soon as you are assigned to a team and ends roughly the beginning of February. (Typical program is 10 weeks.)

Player Signature _____ Parent Signature _____ Date _____