NAME_____ Level you are in_____

Rink Rat Requirements

	Bronze Level	Silver Level	Gold Level
Mite 1 (Mini Mite)			
Skating	10 hours	20 hours	30 hours
Puck Shots	50	100	150
Mite 2 (Mite)			
Skating	15 hours	25 hours	35 hours
Puck Shots	100	150	200
Squirt			
Skating	20 hours	30 hours	40 hours
Puck Shots	150	200	250
Passing Puck	150	200	250
Goalies	30 hours	40 hours	50 hours
Pee Wee & U12 Girls			
Skating	25 hours	35 hours	45 hours
Puck Shots	200	300	400
Passing Puck	200	300	400
Goalies	35 hours	45 hours	55 hours
Bantam			
Skating	30 hours	40 hours	50 hours
Puck Shots	200	300	400
Passing Puck	200	300	400
Goalies	40 hours	50 hours	60 hours

Skating - hours spent being a rink rat. Goalies hours apply here
Puck Shots - Shooting pucks at goalies or at the shooting pad at the rink
Passing Puck - Passes completed to another player during rink rat

DATE I COMPLETED	Skating Hours	Puck Shots	Passing Puck	Goalies Hours

REMEMBER JUST WRITING IN FIGURES DOES NOT IMPROVE YOUR HOCKEY SKILLS
GO ABOVE AND BEYOND THESE TIMES THAT IS OUR CHALLENGE TO YOU

Turn one sheet in by Jan 31st and the other on March 1st

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Parent or Guardian Date