

# Eastview Lighting

## Hot Shot 5,000 & Stickhandling - Tally Sheet

Stickhandle drill web site: [http://www.usahockey.com/Template\\_Usahockey.aspx?NAV=CO&id=19434](http://www.usahockey.com/Template_Usahockey.aspx?NAV=CO&id=19434)

Date	# of Shots	Stickhandle Minutes	Push-ups	Sit ups	Squats/ Lunges		Date	# of Shots	Stickhandle Minutes	Push ups	Sit ups	Squats/ Lunges	
1							31						
2							32						
3							33						
4							34						
5							35						
6							36						
7							37						
8							38						
9							39						
10							40						
11							41						
12							42						
13							43						
14							44						
15							45						
16							46						
17							47						
18							48						
19							49						
20							50						
21							51						
22							52						
23							53						
24							54						
25							55						
26							56						
27							57						
28							58						
29							59						
30							60						
							Totals						

Upon completion mail to: Mike Kelley, 1971 Covington Lane, Eagan MN 55122, by September 19, 2010

Players Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

T-shirt size: YM YL YXL AS AM AL    Shorts size: YM YL YXL AS AM AL AXL

Parents Signature: \_\_\_\_\_