

Eastview Lighting

Hot Shot 5,000 & Stickhandling - Tally Sheet

Stickhandle drill web site: http://www.usahockey.com/Template_Usahockey.aspx?NAV=CO&id=1943 4

	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 this to Mark Lecy by September 18, mail to 12885 Foliage Avenue, Apple Valley MN 55124

Players Name: _____

Address: _____

Phone: _____

T-shirt size: YM YL AS AM AL

Parents Signature: _____