



**Are you ready for a challenge?
Do you want to achieve excellence?
Take the 10,000 Puck Challenge.
Shoot 10,000 pucks this summer.
Become a member of BHB's
"10,000 Puck Club!"**

Parents: This is a great way to provide a life lesson for your child. If you choose to accept this challenge, you will teach your kids some valuable lessons like responsibility, planning, hard work, and reaching a long term goal. Plus they will learn that hard work pays big dividends. You must be willing to encourage your children to get out there and practice.

Players: You have from now until the end of September to complete this task. If you choose to accept this challenge, you may be asked to carry more responsibility next year. Your coach may want you to take more shots. You may be asked to be on the power play. You might be a team leader. You may be the go-to player on your team. You'll score more goals and be a sniper, guaranteed! Can you handle that?

How much better would your shot be if you shot 10,000 pucks this summer? That seems like an insurmountable goal. Think it can't be done? Think again. If you come up with a plan there is no doubt you can do it. With 20 weeks to go, all you have to do is shoot 100 pucks 5 times a week to make it. That's about 20 minutes a day. A little perseverance and hard work and you'll be picking corners next season and giving goalies fits!

Rules:

1. You must log your progress to become a member of the club.
2. You must achieve the goal by the end of September.
3. Your parents need to sign off on your tally.
4. Next fall, return your tally sheets to Bill Curl to receive a custom 10,000 puck club tshirt.
5. Wear your shirt with pride. You earned it!

Suggestions:

1. Get 20 pucks and shoot 5 sets/day.
2. Have a designated area to shoot.
3. Plan ahead for days you can't shoot.
4. Set up your shooting area with a net or tarp with targets in the corners.
5. Get a smooth surface from which to shoot. Menards has 4x8 sheets of wall covering for under \$20 that work well. Or you can get sheets of plastic from hockey retailers or plastic supply companies.
6. Work on all types of shots. Wrist, snap, slap, backhand, top corner, 5 hole, bottom corner. Practice your quick release. Practice your weaker shots more until they are no longer a weakness.
7. Don't just go out and shoot pucks. **Remember, practicing just to practice doesn't necessarily make you better.** Challenge yourself. Make up games. See if you can get 10 of 20 shots through a target. Can you hit a post 25% of the time? The crossbar?

Good luck. Have fun. Make next season one to remember!

