



PLANET HOCKEY STUDENT CAMP GOALS - 2009

Hand this completed Form in when you check in at Camp

I pledge to come to Planet Hockey each day ready to work hard, excited to learn new skills and with a great attitude. Throughout the entire camp, I am committing myself to improving my training methods, to having fun and to becoming a more skilled, intelligent hockey player. I understand that the more I put into camp, the more I will get out of it. I am ready to work hard and to begin loving the game even more than I already do.

Student Name

Camp (City/Location)

A B C D
Group (circle one)

Please take a few minutes to complete and to sign this form and **hand it in at Check-in on the 1st day Camp**. We are interested to see why you have chosen to participate in this Planet Hockey TOTAL Player Development Camp and we would like to better understand your personal hockey goals. Completing this Form will help us maximize your fun and your skills development at Camp. Thank you and we look forward to seeing you at Planet Hockey!

STRENGTHS & WEAKNESSES

Let us know what you feel your strengths and weaknesses are:

	Strength	Weakness
Forward Skating Mechanics	_____	_____
Backward Skating Mechanics	_____	_____
Crossunder Technique	_____	_____
Explosive Starts	_____	_____
Stickhandling	_____	_____
Shooting	_____	_____
Dryland (Off Ice Training)	_____	_____
Preparing to work hard every ice session	_____	_____
Are you a 'TEAM' player?	_____(yes)	_____(no)
Are you a good student in school?	_____(yes)	_____(working hard to improve)



Your hockey dream is to play at which level (may circle more than one):

High School Junior College NHL

List 3 things that will help you reach your hockey goals?

1. _____ 2. _____ 3. _____

GOAL SETTING

Any PLAN that has a chance of success MUST begin with MOTIVATION and a clear ROAD MAP. How will you become a better player? Please list YOUR specific goals:

Short Term Goals
(during Planet Hockey Camp)

- _____
- _____
- _____

Long Term Goals
(12 months following Planet Hockey)

- _____
- _____
- _____