



HOCKEY CALGARY

**GRAB YOUR DOBBERS  
& AN IPHONE!**

IT'S TIME FOR  
**HOCKEY@HOME**  
VIRTUAL BINGO!

**SWIPE TO PLAY!**



# HOCKEY@HOME

## VIRTUAL BINGO!

### Rules

### 1. TEAMS MUST COMPLETE ALL TASKS VIRTUALLY

\*TEDDY BEAR LANE WILL BE OPERATED FOLLOWING ALL AHS GUIDELINES. **OPTION 1:** PLAYERS PARTICIPATE IN THE EVENT AS INDIVIDUALS/WITH THEIR FAMILIES OR **OPTION 2:** IDENTIFY ONE REPRESENTATIVE TO DONATE ON THE TEAMS BEHALF

\*TEAMS MAY COMPLETE MORE THAN ONE SQUARE PER VIRTUAL SESSION

### 2. SHOW US YOUR BINGO CARD FOR ADDITIONAL ENTRIES INTO THE DRAW

\*CARDS CAN BE POSTED TO SOCIAL MEDIA TAGGING @HOCKEYCALGARY. **DRAWS WILL TAKE PLACE EACH MONDAY IN DECEMBER**

### Point System

1 COMPLETE LINE = 2 ADDITIONAL ENTRIES

\*ANY 5 IN A ROW - VERTICAL, HORIZONTAL OR DIAGONAL

FULL SHEET = 10 ADDITIONAL ENTRIES



### Prizes

EACH MONDAY'S WINNER WILL RECEIVE:

**1 HOUR  
VIRTUAL TEAM  
JOGA SESSION**



**PRESENTED BY  
JOGA WORLD & JULIE IVEY FITNESS**

### 3. SUBMIT PHOTOS VIA SOCIAL MEDIA TO CHALLENGE OTHER TEAMS & SHOW HOW **STRONG** OUR CALGARY HOCKEY COMMUNITY IS!

TAG: @HOCKEYCALGARY ON FACEBOOK, TWITTER & INSTAGRAM





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B	I	N	G	O
 BABY PHOTO GUESSING GAME	 VIRTUAL TEAM WORKOUT	 IDENTITY, VALUES, GOALS MEETING	 VIRTUAL TEAM STICKHANDLING	 DONATE TO THE TEDDY BEAR TOSS
 VIRTUAL TEAM MEAL	 VIRTUAL TEAM PHOTO	 QUIZ	 VIRTUAL TEAM WORKOUT	 CREATE A TEAM TIK TOK
 SELFIE CHALLENGE	 VIRTUAL SHOW AND TELL	FREE SPACE	 VIRTUAL TEAM YOGA	 VIRTUAL GUEST SPEAKER
 VIRTUAL TEAM YOGA	 VIRTUAL GUEST SPEAKER	 VIRTUAL TEAM MEAL	 MENTAL PREPARATION	 VIRTUAL TEAM STICKHANDLING
 HOCKEY TOILET PAPER CHALLENGE	 2 TRUTHS I LIE GAME	 WORKOUT CHALLENGE	 DONATE TO THE TEDDY BEAR TOSS	 QUESTIONNAIRE & TEAM INTROS



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## VIRTUAL BINGO!

 <b>BABY PHOTO GUESSING GAME</b>	<p>ALL PARTICIPANTS SEND THE COACH A BABY PHOTO. PHOTOS FROM 2 - 3 YEARS OLD ARE BEST AS YOU WILL SEE MORE DISTINCT FEATURES. POST THE IMAGES IN A SHARED GOOGLE DOC OR COMPILE THE PHOTOS INTO A WORD DOCUMENT AND EMAIL OUT TO PLAYERS. DISCUSS THE ANSWERS VIRTUALLY OR SUBMIT THEM TO THE COACH.</p>
 <b>VIRTUAL TEAM WORKOUT</b>	<p>RUN A TEAM WORKOUT VIRTUALLY. TURN THOSE CAMERAS ON...NO SLACKING!</p>
 <b>IDENTITY, VALUES, GOALS MEETING</b>	<p>HAVE A VIRTUAL TEAM MEETING DISCUSSING YOUR TEAM IDENTITY, VALUES, AND GOALS.</p>
 <b>VIRTUAL TEAM STICKHANDLING</b>	<p>RUN A TEAM STICKHANDLING SESSION VIRTUALLY. LOTS OF OPTIONS TO FOCUS ON TECHNICAL POINTS AND CHALLENGE THE TEAM WITH NEW MOVES. TURN IT INTO A COMPETITION... WHO CAN GO THE LONGEST? WHO CAN COMPLETE THE MOST STICKHANDLES IN A MINUTE. SHOW OFF YOUR MOVES!</p>
 <b>DONATE TO THE TEDDY BEAR TOSS</b>	<p>PARTICIPATE IN THE CALGARY HITMEN ANNUAL TEDDY BEAR TOSS (DECEMBER 4-6). FOR MORE INFORMATION AND DETAILS ON HOW TO DONATE VISIT: <a href="http://WWW.HITMENHOCKEY.COM">WWW.HITMENHOCKEY.COM</a></p>
 <b>VIRTUAL TEAM MEAL</b>	<p>HAVE A TEAM MEAL VIRTUALLY. CATCH UP WITH YOUR TEAMMATES AND SHARE STORIES FROM YOUR TIME AT HOME.</p>



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## VIRTUAL BINGO!



**VIRTUAL TEAM  
PHOTO**

**USE YOUR IMAGINATION AND SMILE!**



**QUIZ**

**GIVE YOUR TEAM A SHORT QUIZ ABOUT THE DIFFERENT ELEMENTS FROM THE 'GET TO KNOW YOU' QUESTIONNAIRE. EX. "WHICH PLAYER ON OUR TEAM CHEERS FOR THE MONTREAL CANADIENS?"**



**CREATE A TEAM  
TIK TOK**

**BE CREATIVE AND HAVE A LITTLE FUN!**



**SELFIE  
CHALLENGE**

**HAVE EVERY TEAM MEMBER TAKE A GOOFY SELFIE OF THEMSELVES AND SHARE THE PHOTOS WITH THE ENTIRE TEAM. COACHES CAN CUSTOMIZE THIS BY REQUIRING THEIR TEAM TO TAKE THEIR SELFIE WITH A SPECIFIC OBJECT OR WEARING A SPECIFIC PIECE OF CLOTHING.**



**VIRTUAL  
SHOW AND TELL**

**DO A VIRTUAL SHOW & TELL, ASK EACH TEAM MEMBER TO PREPARE TO SHOW AN OBJECT AND TELL A QUICK STORY ABOUT IT. OR DO A MORE SPONTANEOUS "GRAB SOMETHING WITHIN ARMS REACH" APPROACH. WE RECOMMEND THE LATTER OPTION, AS IT ENCOURAGES QUICK AND CREATIVE THINKING.**









**VIRTUAL TEAM  
YOGA**

**RUN A TEAM YOGA OR JOGA SESSION VIRTUALLY. WHAT'S JOGA YOU ASK? CHECK IT OUT AT [WWW.JOGAWORLD.COM](http://WWW.JOGAWORLD.COM).  
CLICK HERE TO CONTACT COACH JULIE TO BOOK A SESSION!**



# HOCKEY@HOME VIRTUAL BINGO!

 <b>VIRTUAL GUEST SPEAKER</b>	<p><b>INVITE A SPECIAL GUEST TO YOUR VIRTUAL MEETING TO PRESENT ON A TOPIC. IT CAN BE A SKILLS COACH, A SCOUT, AN NHL COACH, OR ANYONE YOUR TEAM IS INTERESTED IN LEARNING FROM!</b></p>
 <b>2 TRUTHS 1 LIE GAME</b>	<p><b>TIME TO GET CREATIVE! HAVE PLAYERS TELL 2 TRUTHS AND 1 LIE ABOUT THEMSELVES AND HAVE THE REST OF THE TEAM GUESS WHICH IS WHICH.</b></p>
 <b>WORKOUT CHALLENGE</b>	<p><b>COMPLETE A TIMED WORKOUT CHALLENGE. EX. DO 1 MINUTE OF PUSH-UPS ON A TIMER AND SHARE YOUR RESULTS WITH YOUR TEAM VIRTUALLY. CHALLENGE YOUR TEAM MEMBERS TO DO THE SAME.</b></p>
 <b>MENTAL PREPARATION</b>	<p><b>HAVE A VIRTUAL TEAM MEETING DISCUSSING THE IMPORTANCE OF MENTAL PREPARATION.</b></p>
 <b>QUESTIONNAIRE &amp; TEAM INTROS</b>	<p><b>OPTION 1: GIVE THE TEAM A 'GET TO KNOW YOU' QUESTIONNAIRE AHEAD OF TIME AND SHARE YOUR ANSWERS USING A VIRTUAL MEETING APPLICATION. OPTION 2: PARTNER UP PLAYERS AND HAVE THEM GET THE ANSWERS OF THE QUESTIONNAIRE FROM THEIR PARTNER VIRTUALLY. PARTNERS INTRODUCE EACH OTHER TO THE TEAM VIRTUALLY.</b></p>
 <b>HOCKEY TOILET PAPER CHALLENGE</b>	<p><b>CREATE A TEAM VIDEO OF THE 'HOCKEY TOILET PAPER CHALLENGE'. <a href="#">CLICK HERE FOR MORE DETAILS</a></b></p>





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**THANK YOU TO OUR PRIZE SPONSORS:**

**JULIE HVEY  
FITNESS**



[Click here to book a JOGA by Julie session for your team!](#)