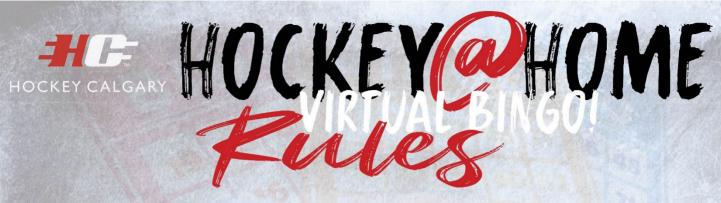
#16

HOCKEY CALGARY

GRAB YOUR DOBBERS R AN IPHONE

HOCKEY BINGO!

SWIPE TO PLAY!



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 ENTIRES





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

#1 HOCKEY CALGARY

HOCKEY WHOME















































PREPARATION



DONATE TO THE TEDDY BEAR TOSS





DONATE TO THE **TEDDY BEAR TOSS**





GUEST SPEAKER







HOCKEYOHOME



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.



RUN A TEAM WORKOUT VIRTUALLY. TURN THOSE CAMERAS ON...NO SLACKING!



HAVE A VIRTUAL TEAM MEETING DISCUSSING YOUR TEAM IDENTITY, VALUES, AND GOALS.



RUN A TEAM STICKHANLDING 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!



PARTICIPATE IN THE CALGARY HITMEN ANNUAL TEDDY BEAR TOSS (DECEMBER 4-6).
FOR MORE INFORMATION AND DETAILS ON HOW TO DONATE VISIT: WWW.HITMENHOCKEY.COM



DONATE TO THE TEDDY BEAR TOSS

VIRTUAL TEAM MEAL

HAVE A TEAM MEAL VIRTUALLY. CATCH UP WITH YOUR TEAMMATES AND SHARE STORIES FROM YOUR TIME AT HOME.



HOCKEYOHOME



USE YOUR IMAGINATION AND SMILE!



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?"



BE CREATIVE AND HAVE A LITTLE FUN!



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.



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.



RUN A TEAM YOGA OR JOGA SESSION VIRTUALLY. WHAT'S JOGA YOU ASK?
CHECK IT OUT AT WWW.JOGAWORLD.COM.
CLICK HERE TO CONTACT COACH JULIE TO BOOK A SESSION!



HOCKEYOHOME



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!



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.



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.



HAVE A VIRTUAL TEAM MEETING DISCUSSING THE IMPORTANCE OF MENTAL PREPARATION.



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.



CREATE A TEAM VIDEO OF THE 'HOCKEY TOILET PAPER CHALLENGE'. CLICK HERE FOR MORE DETAILS



HOCKEY CALGARY

HOCKEYCHOME

VIRTUAL BINGO

THANK YOU TO OUR PRIZE SPONSORS:

JULIE NYEY FITNESS



Click here to book a JOGA by Julie session for your team!