



# SABRE BINGO

## RULES



**While we take a pause in our season, let's keep our bodies, minds and spirits SABRE STRONG.**

- BINGO #1 (plus any other) is required to be able to enter. Keep those bodies moving!
- Each day (M-F), mark off as many activities as you can in that daily row.
- At the end of the week, add up the number of BINGOS completed.
- Fill the whole card for a total of 13 entries!
- Submit your completed card at [SartellHockey.com](http://SartellHockey.com) by Saturday.
- New cards will be issued each week we are on "pause".

	<b>S</b>	<b>A</b>	<b>B</b>	<b>R</b>	<b>E</b>	<b>S</b>	
<b>M</b>	Exercise	2	3	4	5	6	7
<b>T</b>	Exercise						8
<b>W</b>	1 Exercise			12	13		9
<b>T</b>	Exercise						10
<b>F</b>	Exercise						11



# SABRE BINGO

## for Travel Teams



**While we take a pause in our season, let's keep our bodies, minds and spirits SABRE STRONG.**

Complete at least **2 SABRE BINGOS** before December 5 to be entered into a weekly drawing for a gift certificate to a local sponsor business. One entry for each completed BINGO. Winners announced on the SYHA Facebook page. Submit your completed card at [SartellHockey.com](http://SartellHockey.com).

	<b>S</b>	<b>A</b>	<b>B</b>	<b>R</b>	<b>E</b>	<b>S</b>
<b>M</b>	2x 25 Jumping Jacks 25 Squats 60 High Knees 60 Sec. Plank 30 Mtn Climbers	Ask a parent how you can help them today	Cardio Choice Move for 20 Minutes	Write out your goals for the week	Shoot 100 Pucks	Complete the Youth Athlete SafeSport Training <i>Link on your team page</i>
<b>T</b>	2x 25 Lunges (each leg) 25 Push Ups 25 Squats 50 Sit Ups	Stickhandle for 20 Minutes	Read an inspirational hockey article	Get Fresh Air! Play Outside, Take a Walk Your Choice	24-Hour Video Game Break	Clean Your Gear!
<b>W</b>	2x 25 Jumping Jacks 25 Squats 60 High Knees 60 Sec. Plank 30 Mtn Climbers	Help make a meal for your family	Clean Your Room	Flip + Catch a puck on your stick 20 Minutes	Shoot 100 Pucks	Look up the biography of your favorite pro hockey player
<b>T</b>	2x 25 Lunges (each leg) 25 Push Ups 25 Squats 50 Sit Ups	24-Hour Video Game Break	Morning Practice! Stickhandle before class	Sweep the kitchen	Facetime with a teammate you haven't talked to in a week	1 Mile Run, 20 Minutes of Stretching
<b>F</b>	2x 25 Jumping Jacks 25 Squats 60 High Knees 60 Sec. Plank 30 Mtn Climbers	Hug your parents and say THANKS	Shoot 50 High Pucks; 50 Low Pucks	.5 Mile Run, 15 Minutes of Stretching	Google and read an article explaining Skate Blade Edges	Spread Cheer! Do something nice for someone

Player Signature: \_\_\_\_\_ Parent Signature: \_\_\_\_\_



# SABRE BINGO

## for Mites & Intro Players



**While we take a pause in our season, let's keep our bodies, minds and spirits SABRE STRONG.**

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	<b>S</b>	<b>A</b>	<b>B</b>	<b>R</b>	<b>E</b>	<b>S</b>
<b>M</b>	Run in place for 2 minutes 20 Squats 20 Sit Ups 10 Push Ups <small>Repeat 2x</small>	Write 2 goals for the week	Practice stickhandling for 10 minutes	24-Hour Video Game or non-school Device Break	Help make your family meal	Try bouncing a ball on your stick
<b>T</b>	20 Jumping Jacks 30 Second Plank 20 Squats 20 Mountain Climbers <small>Repeat 3x</small>	Read a hockey related story	Challenge! See how many Sit Ups you can do in 1 minute	Tell a family member your favorite hockey memory	Practice Shooting Pucks/Balls	
<b>W</b>	Run in place for 2 minutes 20 Squats 20 Sit Ups 10 Push Ups <small>Repeat 2x</small>	Clean Your Room	Facetime with a teammate or friend you haven't talked to in a week	Challenge a parent to a game of your choice!	Read a book	Practice stickhandling for 10 minutes
<b>T</b>	20 Jumping Jacks 30 Second Plank 20 Squats 20 Mountain Climbers <small>Repeat 3x</small>	Do the Dishes or Take out the Trash	Try to Flip + Catch a puck on your stick	Practice Shooting Pucks/Balls	Spread Cheer! Do something nice for someone	Run in Place for 5 Minutes
<b>F</b>	Run in place for 2 minutes 20 Squats 20 Sit Ups 10 Push Ups <small>Repeat 2x</small>	Practice stickhandling for 10 minutes	Get Fresh Air! Play Outside, Take a Walk	24-Hour Video Game or non-school Device Break	Organize your closet	Draw your favorite hockey FAN

Player Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_