The Ruk Rat Program is designed to improve our youth hockey players hockey skills by encouraging kids to work on them outside of their scheduled practices and games.

Guidelines:

- 20+ hours of extra practice is the required goal to earn a Ruk Rat Prize.
- Team practices and league / tournament games do not count for extra time.
- Work on hockey skills, puck handling, shooting, skating skills and pick-up games.
- Use the form below to record the player's time.
- Return your sheet to your Hockey Coordinator or drop off in the Arena office no later than February 28, 2027
- Any other questions, contact our Ruk Rat Coordinator Nick Bjerken at 651-503-3814.

DATE	**HOURS**	**ACTIVITY**

USE ADDITIONAL SHEETS IF NECESSARY

PLAYER NAME: _____ COACH / TEAM: _____

PARENT SIGNATURE: _____ TOTAL TIME: _____