

Mite Totals	Mites Gaborik x 20 Crosby x 10	Shots 1000	
sq/u10-bantam/u14 totals	Stickhandling (complete 15 times)	Shots FH (2500)	Shots BH (1000)
Sample 7/7	Gaborik 10 x 2 Crosby 87 x 1	100	50
Sample 7/8	87 x 1 and 8 x 1	50	25
9-Jul			
10-Jul			
11-Jul			
12-Jul			
13-Jul			
14-Jul			
15-Jul			
16-Jul			
17-Jul			
18-Jul			
19-Jul			
20-Jul			
21-Jul			
22-Jul			
23-Jul			
24-Jul			
25-Jul			
26-Jul			
27-Jul			
28-Jul			
29-Jul			
30-Jul			
31-Jul			
1-Aug			
2-Aug			
3-Aug			
4-Aug			
5-Aug			
6-Aug			
7-Aug			
8-Aug			
9-Aug			
10-Aug			
11-Aug			
12-Aug			
13-Aug			
14-Aug			
15-Aug			
16-Aug			
17-Aug			
18-Aug			
19-Aug			
Totals			
Stationary (10-GaboriK)			
Moving (87-Crosby)			
Moves (8-Ovechkin)			

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