

Synergy Hockey 50,000 Shots Challenge

Sponsored by Kamloops KIA

Join us from 12:00pm to 4:00pm on Saturday, April 15th at Synergy Hockey Training Centre - with Kamloops KIA on location - to kick off the 50,000 Shots Challenge!

How well do you think your shooting would improve if you performed 50,000 puck touches over a 26-week period? Synergy Hockey Training Centre would like to invite you to join our 50,000 Shots Challenge. Take the journey yourself or grab a couple friends and start the journey together. We are encouraging all players to participate in the Synergy 50,000 Shots Challenge. The goal is to support our hockey players to develop great shooting skills, recognize the commitment it takes in the sport of hockey, and to make Kamloops players the best shooters around through dedication, practice, and repetition.

*For 8 years old and under the Shots Challenge will be dropped down to 10,000 but not limited to

The goal:

To increase shot speed, quickness, and accuracy. Repetition = Success

The challenge:

The challenge will start on April 15th and end on October 14th. This challenge will take place at Synergy Hockey Training Center - on skates - utilizing our shooting zones. Players must shoot 50,000 pucks in the period listed. That is on average of 1900 shots on net, per week, which is roughly 641 pucks an hour if you commit to shooting at Synergy 3 times a week. Not bad hey!

Our shooting zones will be available to you 7 days a week.

As part of this challenge, we are asking that you complete 12,500 of each shot: wrist shot, snapshot, slapshot and backhand shot. Each style will be demonstrated by our director of player development, Jan Ludvig. There will be a session for each age group on April 15th, as well as sessions during the challenge, to ensure proper technique.

Each shooting zone will be equipped with an NHL hockey net and 100 pucks. It's simple! Take your shoots, track, and submit your results daily by using the form available on our website or by clicking here.

How to register:

To register for the 50,000 Shots Challenge is easy! Visit www.synergyhockeykamloops.com and click on the 50,000 Shots Challenge page. To enroll you will need to purchase either an unlimited family shooting zone membership (good for up to 4 people) or an unlimited single shooting zone membership (one shooter only). If you are new user, you will be prompted to create an account. If you are an existing client, you will be prompted to log into your account.

Cost:

We are offering a monthly unlimited shooting zone membership for \$60 a month for a single player or an unlimited family membership (up to 4 shooters) for \$90 per month. That's a great deal! Along with our shooting zones, members will have unlimited access to our dryland and workout areas. All shooting zones will need to be scheduled and can be done by clicking [here](#). Gym and dryland areas are encouraged to be used in conjunction with your shooting zone booking, however these do not require to be booked online prior to use. This membership also provides additional discounts: 10% off Synergy Clothing, single Skatemill sessions, Synergy clinics, and rink rentals (does not include birthday parties).

Age Groups:

The challenge is for ages 5 to 20 years old. The age groups are as listed below:

Under 7(U7) – 6 and under – 2016 or earlier (10,000 Shots)

Under 9(U9) – 7 & 8 years – 2015 and 2014 (10,000 Shots)

Under 11(U11) – 9 & 10 years – 2013 and 2012

Under 13(U13) – 11 & 12 years – 2011 and 2010

Under 15(U15) – 13 & 14 years – 2009 and 2008

Under 18(U18) – 15,16 & 17 years – 2007 to 2005

Under 20(U20) – 18,19 & 20 years – 2004 to 2002

About our Shooting Zones:

Synergy has added 3 zones, each at 44' x 44'. Our rink uses synthetic ice from Can-Ice. Can-Ice provides the latest, most technologically advanced materials to produce the best artificial ice available today. This new age material has the lowest co-efficient of friction properties in comparison to any other product on the market.

Our Synergy shooting zones allow players to shoot using their skates to simulate real on-ice shooting. The shooting zones are designed to allow for individual lane shooting for proper technique and repetition, for multiple players to practice passing, and one-time shooting.

Shooting Zones can be rented as individuals or bring a friend. Shooting Zones can be rented during the day, night, and 7 days a week. View our calendar to book!

Equipment needed:

Basic equipment will be required such as hockey stick with white tape, hockey gloves, helmet, shin guards and elbow pads are recommended (required for U7 & U9)

The Rewards:

Besides becoming a better shooter...there are amazing prizes to be had! We will ensure to update the website every week as the challenge moves along with the top 10 shooters from each age group. All prizes are sponsored by Kamloops KIA. Thanks KIA! All prizes will be drawn and awarded on October 15th.

1. The grand prize will be awarded to the overall top shooter for the player who shoots the most pucks regardless of age group. This top shooter will receive a trophy, a signed Logan Stankoven Kamloops blazer Jersey, \$200 GC from Player's Bench and 2 season tickets for the Kamloops Blazers 2023/2024 regular season!
2. For every 1000 pucks you shoot, your name will be entered into a draw for a signed Logan Stankoven Hockey Stick that will be awarded at the end of the challenge.
3. For the 2 younger groups (10,000 Shots Challenge) a signed Kamloops Blazers Hockey Jersey and hockey stick, will be awarded to the player with the most shots during the challenge.
4. There will also be a divisional winner for the player who shoots the most pucks. The top shooter in each age group will receive a Synergy hat, water bottle, long sleeve shirt, and \$100 GC to Players Bench
5. Every participant who joins the challenge will receive a Synergy water bottle and a Synergy 50k Shots Challenge shirt (this will be provided before the end of the event)

Prizes will be awarded at Synergy Hockey Training Centre, and winners will be drawn on Sunday, October 15th and presented by Kamloops KIA.

*Synergy owns the right to substitute any prizes listed above for the same value

Guidelines/Tips:

To complete the challenge is simple – keep track of your shoots using the Synergy Daily Shots Tracker located on our website - 50,000 Shots Challenge Tab. Your shots will need to be submitted after every session.

There are a few guidelines and tips to follow:

- Be honest with yourself – all shots are recorded on the honor system.
- Contest ends on October 14th – winners will be announced October 15th. It is up to you to ensure that you are submitting your shots count after every session. All entries will need to be submitted by October 14th at 9pm.
- You are to perform your shooting challenge on skates.
- You will only improve if you practice.
- Keep a regular schedule – better to practice for a short time everyday rather than occasionally.
- Complete the challenge with friends to keep you motivated.
- Shoot hard and have fun.