 GMS Hockey Academy Teacher Check-in

*\*If a teacher has been away for extended period of time and you haven't been able to get them to fill out this form then be sure to email them and CC me to that email. That way, when they respond, both you and I will receive the update.*

Athlete Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_

**To the teachers**: Do you have any concerns with this athlete?

(Behaviour, attendance, work ethic, missing assignments, etc.)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Per** | **Teacher** | **Class** | **Concerns?** | **Teacher Initial** |
| **1** |  |  |  |  |
| **2** |  |  |  |  |
| **3** |  | Hockey |  |  |
| **4** |  | Hockey |  |  |
| **5** |  |  |  |  |
| **6** |  |  |  |  |
| **7** |  |  |  |  |
| **8** |  |  |  |  |
| **M** |  | Mentorship |  |  |

**\*Parents: Please ensure the form is completed before signing.\***

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

Teachers and Parents thanks for taking the time to complete this form.

Please contact either Mr. Hayter if you any major concerns.

Mr. Hayter

Ms. Ryan

**GMS High Peformance Hockey Academy Daily Log Day 1**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Name :** | | | | **Date :** | | | |
| **Bed Time :** | | **Wake Time:** | | | | **Hours Slept:** | |
| **Breakfast:** | **Snack:am** | | **Lunch:** | | **Dinner:pm** | | **Snack:** |
| **Protein-**  **Carbs –**  **Fruit/ Veg -**  **Fat -** | **Protein-**  **Carbs –**  **Fruit/ Veg -**  **Fat -** | | **Protein-**  **Carbs –**  **Fruit/ Veg -**  **Fat -** | | **Protein-**  **Carbs –**  **Fruit/ Veg -**  **Fat -** | | **Protein-**  **Carbs –**  **Fruit/ Veg -**  **Fat -** |
| **Bedtime : Wake Time : Hours Sleep :** | | | | | | | |
| **Water Bottles : 1 2 3 4 5 6 7** | | | | | | | |
| **Goals & Habits Reviewed : YES/NO**  **Changes/Reflections/ Comments :** | | | | | | | |

**GMS High Peformance Hockey Academy Daily Log Day 2**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Name :** | | | | **Date :** | | | |
| **Bed Time :** | | **Wake Time:** | | | | **Hours Slept:** | |
| **Breakfast:** | **Snack:am** | | **Lunch:** | | **Dinner:pm** | | **Snack:** |
| **Protein-**  **Carbs –**  **Fruit/ Veg -**  **Fat -** | **Protein-**  **Carbs –**  **Fruit/ Veg -**  **Fat -** | | **Protein-**  **Carbs –**  **Fruit/ Veg -**  **Fat -** | | **Protein-**  **Carbs –**  **Fruit/ Veg -**  **Fat -** | | **Protein-**  **Carbs –**  **Fruit/ Veg -**  **Fat -** |
| **Bedtime : Wake Time : Hours Sleep :** | | | | | | | |
| **Water Bottles : 1 2 3 4 5 6 7** | | | | | | | |
| **Goals & Habits Reviewed : YES/NO**  **Changes/Reflections/ Comments :** | | | | | | | |
| **Player Signature :** | | | | **Parent Signature :** | | | |