

OMAHA BLUE WAVES TOURNAMENT AND DEMO TEAM WEEKLY POINT SHEET



<i>Weekly Practice</i>	HYUNG MINUTES	TECHNIQUES MINUTES	EXERCISE MINUTES
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			
TOTAL MINUTES			
STAFF USE #			

NAME: _____

WEEK OF: _____

RANK: _____

Long Term Goal Activities:

STAFF USE # _____

Community Service Activity or Community Service Project Description:

Signature of Person Validating Service: _____ Phone# _____ Total Hours: _____

STAFF USE # _____

OBW SPIRIT ACTIVITY:

STAFF USE # _____

MENTORING ACTIVITY:

STAFF USE # _____

WEEKLY GOALS:

STAFF USE # _____