Neenah Girls Basketball 10,000 Shot Club

Starting in April and concluding by the Hoops Club Signup in September — any player who attempts 10,000 shots will be recognized at the fall registration meeting and given an exclusive club t-shirt.

Players must record their shots and submit this form to Kraig Lee - kclenterprises@aol.com before Hoops Club Sign-up.

DETAILS:

Shots have to be done on your own. In other words, shots at practice or camps do not count.

Partner up! Shooting with someone else makes it easier! Find a friend, teammate, brother, sister, neighbor or parent to help rebound!

Combine it together with Tons of Touches and you end up with a nice basketball workout!

SHOOTING ROUTINE - You will need to complete each of these shots in each session.

There are 155 shots per session. To complete this, you need to complete 65 sessions to reach 10,000 shots.	**15 Form Shots - be close to the hoop, use only your shooting hand**
30 Right handed layups	**30 Left-handed layups**
20 Mid-lane pull-up jumpers, right side	**20 Mid-lane pull-up jumpers, left side**
Free Throws - 20 shots	**Distance Shots - 20 shots** (for distance shots, grades 3-5 should be from their shot distance limit, grades 6-8 should be from 3 point range)

RECORD CHART:

Date of completed session:	Date of completed session:	Date of completed session:	Date of completed session:	Date of completed session:

Player Signature:_____ **Parent Signature:**_____