6th, 7th and 8th Grade Tracker

Made Shots (7000 Made Shots-Not Layups)

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Minutes Dribbling/Ball Handling (400 Minutes)

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Made Free Throws (300 Made Free Throws)

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10 10 10 10 10

Layups (500 Made Layups)

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10 10 10 10 10 10 10 10 10 10 10 10 10 10 10 10 10 10 10 10 10 10 10 10 10 10

Pushups (500 Pushups or Modified, from your knees)

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