



COON RAPIDS Basketball 10,000 SHOT CHALLENGE

June 15th to September 5th

Date	June		July		August		September	
	Attempts	Makes	Attempts	Makes	Attempts	Makes	Attempts	Makes
1st	X	X						
2nd	X	X						
3rd	X	X						
4th	X	X						
5th	X	X						
6th	X	X					X	X
7th	X	X					X	X
8th	X	X					X	X
9th	X	X					X	X
10th	X	X					X	X
11th	X	X					X	X
12th	X	X					X	X
13th	X	X					X	X
14th	X	X					X	X
15th							X	X
16th							X	X
17th							X	X
18th							X	X
19th							X	X
20th							X	X
21st							X	X
22nd							X	X
23rd							X	X
24th							X	X
25th							X	X
26th							X	X
27th							X	X
28th							X	X
29th							X	X
30th							X	X
31st	X	X					X	X

June Total		July Total		August Total		September Total	
Attempts	Makes	Attempts	Makes	Attempts	Makes	Attempts	Makes

Player Name (PRINT): _____

(Circle One): Boy Girl

Grade (going into) Fall 2020: _____

Instructions:

1. Make sure you sign into the Coon Rapids Cardinals Basketball Club website to get free shooting routines, worksheets, and videos. The website is coonrapidshoops.org and look for **Summer 100** materials. You can count all of your **Summer 100** shots on your 10,000 shot challenge. Or, look up shooting routines on Youtube.
2. Keep track of your progress by writing in the number of shots YOU ATTEMPTED **AND** MADE in the corresponding date. The goal is 10,000 shot attempts for grades 4-8 (net year's grade) and 5,000 shot attempts for grades K-3 (next year's grade). If you want a great challenge, go for 20,000 attempts and/or 10,000 makes.
3. Form shots count! Start each day with one-handed or two-handed form shots. You don't always have to use a hoop, simply shoot with form into the air and repeat. Work on a one-handed release.
4. Go full speed. Lazy shots will not help you improve.
5. No excuses. If you don't have a hoop, ask a neighbor or get to a park. Ask for a ride, ride your bike, or walk...find a way!
6. Estimate number of shots attempted at games and camps.
7. Be truthful. Put in the time and be honest with how many shots you took over the summer.

Player Signature: _____ (I verify shot total)

Parent Signature: _____ (I verify shot total)

T-Shirt Size (Circle One): YS YM YL S M L XL

Send COMPLETED form to **Jon Young** by **September 8th** at:
 P.O. Box 48624
 Coon Rapids, MN 55448

*****You can also take a picture and email me when finished.**
 Jonathan.Young@ahschools.us

TOTAL SHOTS	
Attempts	Makes