

# Appleton North Girls Basketball

## Shot Club

For all girls 3rd grade and up  
June 10-September 3

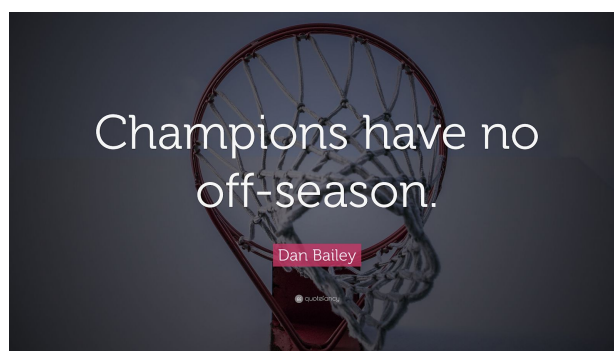


The Appleton North shot club is a great chance for you to improve your shooting skills over the summer. Each day you shoot, record the number of MADE shots on the provided calendar. Girls who make 5,000 shots will be recognized at a varsity game and earn a t-shirt. Girls who make 10,000 shots will be recognized at a varsity game and earn a sweatshirt. More importantly, they will become a better shooter!

### Shooting Tips:

- Be consistent
- Use good form
- Take quality/game like shots
- Shoot in a variety of different places, including free throws
- Shoot within your range
- Include shooting off the dribble
- If you miss, hustle and get the rebound and put it back in to count for one of your makes.
- Daily practice is best. Do not try to shoot all in a few days and not touch a ball again the whole summer.

When you are done with your makes, email your calendar to [appletonnorthhoops@gmail.com](mailto:appletonnorthhoops@gmail.com)



# RECORD MAKES

| <b>DATE:</b> | <b>TOTAL:</b> | <b>DATE:</b> | <b>TOTAL:</b> | <b>DATE:</b> | <b>TOTAL:</b> | <b>DATE:</b> | <b>TOTAL:</b> |
|--------------|---------------|--------------|---------------|--------------|---------------|--------------|---------------|
| 6/10         |               | 7/2          |               | 7/24         |               | 8/15         |               |
| 6/11         |               | 7/3          |               | 7/25         |               | 8/16         |               |
| 6/12         |               | 7/4          |               | 7/26         |               | 8/17         |               |
| 6/13         |               | 7/5          |               | 7/27         |               | 8/18         |               |
| 6/14         |               | 7/6          |               | 7/28         |               | 8/19         |               |
| 6/15         |               | 7/7          |               | 7/29         |               | 8/20         |               |
| 6/16         |               | 7/8          |               | 7/30         |               | 8/21         |               |
| 6/17         |               | 7/9          |               | 7/31         |               | 8/22         |               |
| 6/18         |               | 7/10         |               | 8/1          |               | 8/23         |               |
| 6/19         |               | 7/11         |               | 8/2          |               | 8/24         |               |
| 6/20         |               | 7/12         |               | 8/3          |               | 8/25         |               |
| 6/21         |               | 7/13         |               | 8/4          |               | 8/26         |               |
| 6/22         |               | 7/14         |               | 8/5          |               | 8/27         |               |
| 6/23         |               | 7/15         |               | 8/6          |               | 8/28         |               |
| 6/24         |               | 7/16         |               | 8/7          |               | 8/29         |               |
| 6/25         |               | 7/17         |               | 8/8          |               | 8/30         |               |
| 6/26         |               | 7/18         |               | 8/9          |               | 8/31         |               |
| 6/27         |               | 7/19         |               | 8/10         |               | 9/1          |               |
| 6/28         |               | 7/20         |               | 8/11         |               | 9/2          |               |
| 6/29         |               | 7/21         |               | 8/12         |               | 9/3          |               |
| 6/30         |               | 7/22         |               | 8/13         |               | TOTAL        |               |
| 7/1          |               | 7/23         |               | 8/14         |               | SHOTS:       |               |

