



Minnewaska Girls Basketball **10,000 Shot Club**

Minnewaska Girls Basketball 10,000 Shot Club will begin MAY 1st and run through SEPTEMBER 1st. All girls, 3rd grade to 12th grade may participate and earn a spot in the 10,000 Shot Club. This is an optional shooting program and your daughter is certainly not required to participate.

Every girl who participates must take at least 10,000 shots over the course of the summer to qualify for the 10,000 Shot Club. That's 104 basketball shots each day for 97 days. The girls only need to track shots attempted. If they want to track shots made, it will help them to see how they are progressing, however, that is not a club qualification requirement. Shots can be taken wherever they can find a hoop. The program will function on the honor system with each girl recording how many shots they attempted each day on a tally sheet. They do not have to shoot every day, the total shots taken between May 1st and September 1st must be at least 10,000 in order to qualify. Any type of "game shot" is acceptable, as long as each girl is working on improving her shooting accuracy. For best results we recommend a variety of shots such as lay-ups, free throws, and outside shots. The goal is to promote good shooting form. Shoot shots you would expect to shoot in a game. This is a self reporting program based on the honor system. It is our intent that each participant in this program has the integrity and commitment to make this program a success while improving their personal shooting accuracy.

Every girl who attempts 10,000 shots and returns their tally sheet and parent verification form will earn a spot in the 10,000 Shot Club. Every girl who completes the 10,000 shots will earn a T-Shirt and their name in the basketball program as a member of the 10,000 shot club.

Along with the 10,000 Shot Club we would like the girls to track the number of hours they spend working on basketball related activities. Anything you do that relates to improving your basketball skills will qualify. Examples would include camps, leagues, open gym, shooting at home, lifting weights etc. Have a wonderful summer!

****Remember the 10,000 shot club runs from May to September****

With A Bounce,

Brett Thorfinnson
Head Girls' Basketball Coach