



The Shakopee Girls' Basketball Association is proud to present the 2019 SABER SHOT & DRIBBLE CLUB for girls entering 1st-8th grade during the upcoming school year.

SHOT & DRIBBLE CLUB is a shooting and dribbling program designed to encourage the girls to become better shooters and ball-handlers.

Performance Criteria:

- Basketball players will be asked to make a specified number of shots at game speed and with correct form and dribble a specified number of minutes. The program will run from **May 1 – August 31**.
 - Free throws count! Shoot free throws during rest periods in your workouts.
 - Shots made and dribbling minutes done in practices, camps, leagues count! Use your best estimate on numbers - be as accurate as possible.
- Each month, each participant must email her Shot & Dribble Club chart to the SGBA President at sgbapres@gmail.com by the 7th day of the following month. (i.e., June forms turned in by July 7th). **Please include the total shots made and total dribbling minutes in the subject line of the email as well!**
- Each shooter is encouraged to set a 3-month goal for the program, achieving at least 33% of their goal each month. We want to see the girls practice all summer!

Club Goals

- 1st-2nd graders: 1500 shots made, 400 minutes of dribbling
- 3rd-5th graders: 4000 shots made, 800 minutes of dribbling
- 6th-8th graders: 8000 shots made, 1200 minutes of dribbling

Club Benefits:

1. BECOME A BETTER BASKETBALL PLAYER!!
2. All members recognized on the SGBA website
3. All members recognized at the Shakopee Girls Basketball Youth Night
4. All members receive a 2019 Saber Shot & Dribble Club bag tag
5. NEW!! Prize drawings for club members only at the Jump Ball Jamboree!

*All bag tags will be presented at our annual Jump Ball Jamboree in November.