



## DeForest Area Boys Basketball 10,000 Shot Club

1. The 10,000 Shot Club is open to all players entering 3-8th grade within the DeForest School District. All players reaching the goal of 10,000 shots over the course of 4 months will be recognized at a High School Basketball Game!
2. The 10,000 Shot Club will run from June 15th through October 1st.
3. The purpose of this club is to recognize those present and future Norski Players who are willing to work hard in the off season to improve their basketball skills as well as to get players shooting more often and with purpose-using different programs and concentrating on making game like shots.

Here is how it works:

1. Count your shots every time you shoot.
2. Shots must be varied (For example: 25% free throw; 25% lay ups; 25% outside lane; 25% inside)
3. Shooting workouts can be done by yourself or with a group. This program can be done anywhere and anytime (home, practice, open gyms, etc) Although, we are keeping track of shots taken, the weekly goal should be 525 makes for players entering 7th-8th grade and 275 makes for players entering 3-6th grade.
4. YOU MUST PRACTICE WITH A PURPOSE! Vary your shooting programs and try to simulate game speed while completing the workouts.
5. Make sure to record your shots on your log sheet every day that you shoot and have it signed.
6. All players must submit their shot sheets, verified by a responsible adult and return to Kristi Paskey or Nicole Hottmann by October 4th.

Questions? Please direct any questions regarding this to DeForest Area Youth Boys Basketball:

Kristi Paskey

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Nicole Hottmann

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