



Aitkin Boys' Basketball

10,000 Shot Club

- ★ April 15th through November 3rd for players entering 3rd grade through Varsity.
- ★ You can select your own shooting workout from our basketball website, talk to your coach, or come up with your own workout. **NO MATTER WHAT YOU SELECT, IT MUST BE DONE AT GAME SPEED!**
- ★ Keep a running tally of shots completed so you can see where you're at and how far you need to go. You can keep a hard copy and do the math yourself, or I can share a digital copy of the spreadsheet to you. Share the spreadsheet back to Coach Smith or Coach Hopperstad at the end of the challenge.
- ★ All members of the 10,000 Shot Club will receive a Shooting Shirt and be honored at halftime of a boys' varsity game this winter.
- ★ Each day of basketball camp you attend will count as 150 shots per day.
- ★ All workout sheets will be turned into Coach Smith or Coach Hopperstad by November 4th. If you completed the electronic spreadsheet, share it with either us by November 4th.

Our basketball webpage address is the following:

<http://basketball.isd1.org/>

New drills are added on a regular basis. Please check back often. The page is titled, "10,000 Shot Club."

If you have any questions, please contact Coach Smith.

Daryl Smith

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