



## **Aitkin Basketball** **10,000 Shot Club**



- ★ May 31st through October 31st 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. Coach Stanfield will have a specific program for boys in grades 7-12. **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 a digital copy of the spreadsheet can be shared with you. Share the 10,000 Shot Club spreadsheet back to Coach Smith 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 any basketball camp you attend will count as 150 shots per day.
- ★ All 10,000 Shot Club sheets will be turned into Coach Smith by November 5th. If you completed the electronic spreadsheet, share it with Mr. Smith by November 5th.

Our boys' basketball webpage address is:

<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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