



River Falls Girls Basketball Association



10,000 Shot Club

What:

- *River Falls Girls Basketball Association 10,000 Shot Club
- *Shoot 10,000 shots during the basketball off-season May 1 – August 31.
- *Deadline to receive results is September 15, 2010

Eligibility:

Any 1st – 8th grade River Falls girl’s basketball player

How:

Count your shots every time you shoot. Instead of counting each shot, you can count the shots you take for a 15-minute period, and then just track the time you shoot. For example, if you can shoot 50 shots (at a normal shooting pace) in 15 minutes, every hour of shooting will be 200 shots. Only shots using good form count. Work on various kinds of shots: lay-ups, free throws, etc. Follow up your missed shots with a lay-up. Also, work on off-hand dribbling, ball fakes and driving to the basket.

Reward:

A River Falls Girls Basketball Association 10,000 shot club sweatshirt, recognition at a River Falls High School girl’s basketball game and most importantly, **a better shot!**

Follow these simple instructions:

Instructions:

- Calculate how many shots you normally shoot within a 15-minute period.
- Grades 1st – 4th it is OK to adjust basketball hoop height; Grades 5th – 8th it is recommended to use a 10 foot hoop
- Recommended basketball is a size “6” = 28.5 – 29 inches in circumference and weigh between 18-20 ounces
- Complete the attached shooting club form to easily track your shots.
- Send this sheet along with all the shooting club forms to the address below. Remember to have your parents sign it.

Results:

May: _____ (Number of shots)
 June: _____
 July: _____
 August: _____
 September _____
 Total: _____

Parent Signature: _____

Your Information:

Name: _____
 Address: _____
 City, State Zip: _____
 E-Mail: _____
 Phone: _____

Sweatshirt: YM YL S M L XL

Send Results To:

RFGBA (10,000 Shots)
 PO Box 225
 River Falls, WI 54022

