



## *Everest Youth Boys Basketball 10,000 Shot Club*



- What:** Shoot 10,000 shots during the summer break, June 9 – September 9. This is a FREE program open to Everest Youth Boys Basketball players entering **grades 3-8** in the fall.
- Reward:** 10,000 shot club T-shirt and recognition at the annual Brat Fry for being a member of the club. Most importantly you'll develop a better shot!
- Instructions:** Follow these simple instructions:
- You must send an email to [eybb@everestboyshoops.com](mailto:eybb@everestboyshoops.com) to notify us of your intent to join the club.
  - Shoot 10,000 **game shots** at **game speed** using **correct form**.
  - Game shots are different for every player. To be successful, you should start in close, working on proper form. Your maximum range is the distance from the basket where you can still shoot with proper form.
  - Follow all shots. NEVER let the ball bounce twice.
  - Shoot at least 100 shots in a set and a maximum of 300 shots per day.
  - Plan ahead. There are approximately 12 weeks of summer vacation. If you shoot an average of 5 days per week you would need 167 shots per day to complete 10,000.
  - Include free throws in your shooting. For example, shoot 25 shots at game speed then shoot 10 free throws.
  - For those of you in 7<sup>th</sup> and 8th grade that attend the summer skill sessions, the most shots you can mark down for one of those sessions is 100 shots. We encourage you to get your shots in during the day, night, weekends, at home, at an outdoor court, a friend's house or anywhere possible!
  - Complete the 10,000 shot log form and submit it to EYBB. Remember to have your parents initial next to each day you shoot and sign it at the bottom of the form when it is completed.
  - We are working on the honor system, as we remind our players that character and honesty matter in our program!
- Submit Results:** Email a copy of the completed shot log form to [eybb@everestboyshoops.com](mailto:eybb@everestboyshoops.com). Completed forms must be received by **September 16, 2016**.  
*\*If you would prefer to send the completed shot log form in the mail, send us an email to request the mailing address.*

*This is not a D.C. Everest School District sponsored activity and the opinions expressed are not necessarily those of the school district or its personnel.*