**Thunder Basketball**

 **15,000 Shot Club**

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**Want to join the club?** All you have to do is put in some time during the off-season to improve your game. Shoot 5000, 10000, or 15000 GAME SHOTS at GAME SPEED using CORRECT FORM and not only will you be an improved player but earn a free shirt.

**What are game shots?** Game shots are different for every player. To be successful, you should start in close to the basket working on proper form. Once you have established your range (distance from the basket where you can shoot the ball with proper form) you are ready to get started.

**Why game speed?** You should shoot all of your shots at GAME SPEED because it will help make you a better player. Games shots happen at a faster speed than shooting horse. Have somebody pass you the ball and step into your shot, or bounce the ball back to yourself to catch and shoot.

**Do Free Throws count?** Absolutely! Ideally free throws will consist of approximately 25% of your shots taken. When you shoot shots at game speed for a long period of time, you will need to rest. Free throws are a great way to rest during a workout.

**Can I just guess how many shots I shoot?** The idea behind a Shot Club is to give you, the player, the confidence and knowledge that you deserve to be successful because you put in time to improve your game. You must be true to yourself and be honest about what you want to get out of doing this. Once you have your routine it should be easy to count your shots. We recommend shooting 25 shots at game speed, followed by 10 free throws. Once you have completed 4 cycles of that you will have shot 100 shots and 50 free throws (25-10, 25-10, 25-10, 25-20

**How do I get my shirt?** Send or email to Coach Havlo ([mhavlovitz@seymour.k12.wi.us](mhavlovitz%40seymour.k12.wi.us)) all of your paperwork for the Fall by December 5, 2016 Total up all of your shots, figure out your percentage, and make sure that all shots have been verified by a parent/guardian.

**RULES:**

 1) Must be a Seymour Girls basketball player between grades 3-12.

 2) Must shoot game shots, at game spots, going at game speed.

 3) Girls will earn the following:

 5,000 Shots will earn a Shot Club Medal, Introduction at a Varsity Game

 10,000 Shots will earn above as well as a Shot Club T-Shirt

 15,000 Shots will earn above as well as a Custom Plaque

 25,000 Shots will earn above as well as a Custom Basketball

4) You must have a parent/guardian willing to sign your paperwork.

 Good luck and great shooting this fall.

GREAT TEAMS are made from November to March, but GREAT PLAYERS are made from March to November.

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade:\_\_\_\_

Total Shots September\_\_\_\_\_\_\_ Total Shots October \_\_\_\_\_\_\_

Total Shots November \_\_\_\_\_\_\_ Total Shots for 2016 \_\_\_\_\_\_\_

Past Club Record Holders:

21,150 Kaitlyn Felty 2015 6th Grade 19,100 Aubrey Buchholtz 2015 6th Grade

18,180 Felicity Dorn 2015 6th Grade 17,025 Katelyn Hilbert 2015 6th Grade

15,800 Lexi Reader 2015 6th Grade 15,775 Breanne Bond 2015 6th Grade

15,227 Laney Havlovitz 2015 5th Grade 14,500 Carliegh Oskey 2015 6th Grade

14,000 Kendra Johnson 2015 10th Grade 12,055 Carsyn Daub 2015 5th Grade

8,608 Morgan Miller 2015 4th Grade 6,429 Cali Havlovitz 2015 3rd Grade