



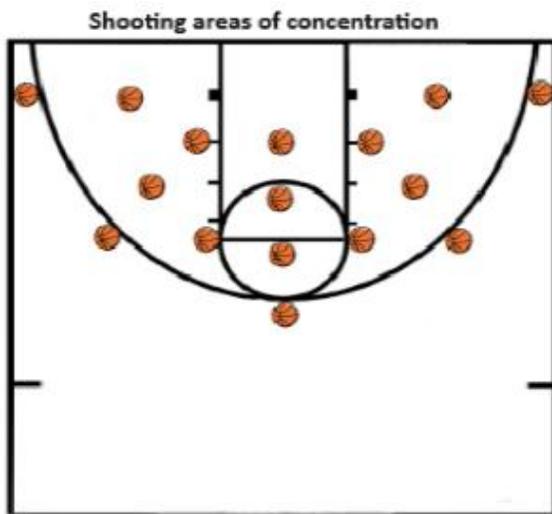
Waseca Basketball Association

# Subway

## Shootout Challenge

Once again, this summer the Waseca Basketball Association and Subway are proud to sponsor the “Subway Shootout Challenge” for all boys and girls basketball players going into grades 5-8.

The goal is simple- to get our players to shoot as many quality shots as possible during the summer. The challenge will run from June 1<sup>st</sup> until August 31<sup>st</sup>. Players can shoot in the driveway, on the playground, in a gym, or anywhere there is a regulation basket. During this time, it is up to each player to record his or her shots daily on the tally sheet provided. If a player attends a basketball camp/clinic, plays in a 3 on 3 or 5 on 5 League/Tournament, those days can be counted on the tally sheet. They can count a max of 100 shot attempts for each day attended.



### Suggestions:

- All players need to concentrate on game type shots; shots near the basket should be taking advantage of utilizing the backboard where applicable.
- Parents or other players are encouraged to assist in shoot around sessions to help rebound the basketball and return it to the shooter as quickly as possible to aid in repetitive shooting
- Players should maintain good consistent form and technique. If too fatigued, take a break or resume shooting at a later time.
- Make it fun by playing shooting games!
- Younger players concentrate on layups and free throws and shorter distance outside shots.
- More advanced players insure that a good mix of shots are being taken from all areas of the court.

To show your commitment to the challenge, e-mail your coach, let them know you want to be a part of the challenge and what your personal goal is. Once you have completed the challenge, fill out the tally sheet and turn it into any Waseca Basketball Association coach. A parent signature must be on the tally sheet.

Here are the incentives based on how many shots your child is able to get in throughout the summer:

### 5,000 or more shots:

- Introduced at halftime of a varsity game during the 2016-2017 season- exact date/game is TBD

### 7,500 or more shots:

- Introduced at halftime of a varsity game during the 2016-2017 season- exact date/game is TBD
- Individual recognition on the Waseca Basketball Association website
- A free 6” sub sandwich from Subway

### 10,000 or more shots:

- Introduced at halftime of a varsity game during the 2016-2017 season- exact date/game is TBD
- Individual recognition on the Waseca Basketball Association website
- A free 6” sub sandwich from Subway
- Basketball