



Summer Challenge 10,000 Shot Club

10,000 Shot Club: Between June to September, take 10,000 shots. Record them on this sheet and turn it in to the ANGBC by October 10th. If completed, you will receive a t-shirt and be recognized at Youth Night of a Varsity game.

June 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
	7	8	9	10	11	12
	13	14	15	16	17	18
	19	20	21	22	23	24
	25	26	27	28	29	30
	31					

June Total: _____

July 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
	5	6	7	8	9	10
	11	12	13	14	15	16
	17	18	19	20	21	22
	23	24	25	26	27	28
	29	30	31			

July Total: _____

August 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
	2	3	4	5	6	7
	8	9	10	11	12	13
	14	15	16	17	18	19
	20	21	22	23	24	25
	26	27	28	29	30	31

August Total: _____

September 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
	6	7	8	9	10	11
	12	13	14	15	16	17
	18	19	20	21	22	23
	24	25	26	27	28	29
	30	31				

September Total: _____

Summer Total: _____

Name: _____ Grade: _____

Parent Signature: _____ T-Shirt Size: _____

Bonus Shots: Attending the North Team Camp or Syd Levy Skills Academy gives you a bonus of 100 shots for that day. Completion of a 15-minute ball handling workout gives you a bonus of 30 shots per 15-minute workout.

Ideas for shots!

20 set shots ▪ 20 one dribble jump shot ▪ 20 jab/layup ▪ 20 two move jump shots ▪ 20 free throws ▪ 20 Mikan drill ▪ 20 two moves/layup ▪ 20 flip to yourself jump shots ▪ Around the world ▪ Try to make up your own combination! ▪ Aim to make a certain amount of shots per set (ex: 14 for 20) ▪ Pretend you are in a real game when shooting ▪ See Shooting Plan for more suggestions