



The Shakopee Girls' Basketball Association is proud to present the SABER SHOT & DRIBBLE CLUB for girls entering 1st-8th grade during the upcoming school year.

SHOT & DRIBBLE CLUB is a shooting and dribbling program designed to encourage the girls to become better shooters and ball-handlers.

### **Performance Criteria:**

- Basketball players will be asked to **make** a specified number of shots **at game speed and with correct form** and **dribble** a specified number of minutes. The program will run from June 1 – August 31.
  - Free throws count! Shoot free throws during rest periods in your workouts.
- Each month, each participant must email her Shot & Dribble Club chart to the SGBA President at [sgbapres@gmail.com](mailto:sgbapres@gmail.com) by the 7th day of the following month. (i.e., June forms turned in by July 7th). **Please include the total shots made and total dribbling minutes in the subject line of the email as well!**
- Each shooter is encouraged to set a 3-month goal for the program, achieving at least 33% of their goal each month. We want to see the girls practice all summer!

### **Club Goals**

- **1st-2nd graders:** 1500 shots made, 400 minutes of dribbling
- **3rd-5th graders:** 4000 shots made, 800 minutes of dribbling
- **6th-8th graders:** 8000 shots made, 1200 minutes of dribbling

### **Club Benefits:**

1. BECOME A BETTER BASKETBALL PLAYER!!
2. All members recognized on the SGBA website
3. All members recognized at the Shakopee Girls Basketball Youth Night
4. All members receive a Saber Shot & Dribble Club bag tag

\*All bag tags will be presented at our annual Jump Ball Jamboree in November.