



# Summer Shooting Program

## 5,000 Makes Club

*"If you want to be the best, then work harder than the rest."*

### WHAT:

- ★ Practice your shooting this off-season and make 5,000 shots by November 1st to earn *an exclusive 5,000 Makes Club t-shirt!*
- ★ 5K Makes Club - up for the challenge? Push yourself into this exclusive group committed to taking their game to the next level!

### ELIGIBILITY:

- ★ All girls entering 1st - 8th grades in the 2019-20 School Year.
- ★ There is no cost to participate.

### HOW:

Shoot a lot and make a lot, keep track of how many you make and send in your shot log when done.

### INSTRUCTIONS:

- ★ Go shoot, shoot, shoot!
- ★ Cover All Shooting Scenarios: There are many different drills you can use and we encourage you to mix it up and be creative. Shoot off the pass, off the dribble and from a set triple threat position. NEVER FINISH ON A MISSED SHOT!
- ★ Free Throws: When you are tired and need a break shoot free throws! This simulates the end of a game situation. You seldom get to shoot a free throw when you are fresh.
- ★ All participants must submit a shot log by November 1st in order to receive recognition and t-shirt.

### REWARD:

- ★ Makes Club T-shirt, recognition at DeForest High School Varsity "Youth Night," and, most importantly, develop as a basketball player!

### Questions?

Please direct any questions regarding this to DeForest Area Girls Youth Basketball Association:

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