



| Skill | Date Completed | Parent Signature |
|-------------------------|----------------|------------------|
| Shots Made | | |
| Dribbling/Ball Handling | | |
| Free Throws | | |
| Lay Ups | | |
| Push Ups | | |
| Passes (K,1,2) | | |

K, 1st, & 2nd Grade

1,000 Shots Made
 300 minutes of Dribbling
 150 Made Free Throws
 250 Made Lay-Ups
 200 Push Ups
 200 Passes with another person or
 against a wall

3rd, 4th, & 5th Grade

5,000 Shots Made
 300 Minutes of Dribbling/Ball Handling
 250 Made Free Throws
 500 Made Lay-Ups
 500 Push Ups

6th, 7th 8th Grade

7,000 Shots Made
 400 Minutes of Dribbling/Ball Handling
 300 Made Free Throws
 500 Made Lay-Ups
 500 Push Ups