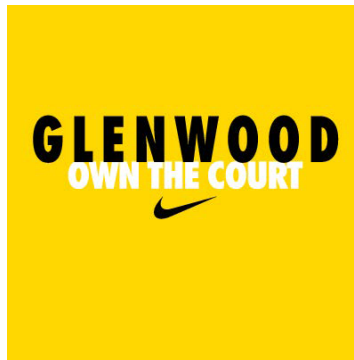


# Glenwood

Boy's & Girl's Basketball



## 10,000 Shot Club Challenge

"SOME PEOPLE WANT IT TO  
HAPPEN, SOME WISH IT WOULD  
HAPPEN, OTHERS MAKE IT  
HAPPEN" Michael Jordan



Dear Ram Basketball Player,

As the 2022-2023 school year comes to an end, the time to get better as an athlete is just beginning. Every summer is another great opportunity for you to continue to build on your many successes as well as turning weaknesses into strengths. This summer we once again be offering the 10,000 Shot Club! The goal of a basketball shot club is improve on our basketball form and shooting and to document the amount of shots we MAKE over the course of the summer. They say *GREAT TEAMS* are made in season but *GREAT PLAYERS* are made in the off-season. All boys & girls of grades entering 4th-12th are invited to participate in the Shot Club! Anyone who wants to be in the club will make 10,000 shots from June 1st to August 20th using the attached spreadsheet to record all of your makes. Grades 4th-6th will be challenged to make 5,000 shots, 7th-8th 8,000 shots and all high school kids 10,000 shots.

Here are some tips to help you achieve your goal of improving shooting and attaining the goal of making 10,000 shots this summer:

1. Establish a specific practice time to work on achieving your goals.
2. Write down your long range and daily goals.
3. Plan a sequence that is logical and possible. For example, the basketball season has its first game in November and the last regular season game late February. You cannot expect to become your best by setting a plan that begins in September.
4. You must think about reaching your goal each and every workout.

When specifically working on shooting, use the following tips to help improve your Shooting.

1. Work to develop the basic shooting fundamentals.
2. Start shooting in close to the basket and then progressively move out.
3. Practice shots that you will take in a game.
4. Shoot off of movement.
5. Develop a routine that combines a variety of shots.
6. Use pump fakes and drives when shooting.
7. Follow all shots. NEVER let the ball bounce twice if shooting by yourself.
8. GO GAME SPEED – no casual shooting.
9. Shoot from a variety of spots.
10. Practice shots after you are tired.
11. Incorporate free throws into you shooting.
12. Have the right mindset when practicing.
13. SHOOT WITH CONFIDENCE, CONCENTRATION & RELAXATION.
14. YOU HAVE TO BELIEVE THAT EVERY SHOT YOU TAKE IS GOING IN –HAVE THE SHOOTER’S MENTALITY!



Use the attached spreadsheet to keep track of your shots and turn into Jeff Bissen by August 20th with a parent/guardian signature to verify your workouts. Email [bissenj@glenwoodschoools.org](mailto:bissenj@glenwoodschoools.org) if you have problems with the spreadsheet or are not in 4th grade yet and want to keep track of your makes on the spreadsheet at home.

All individuals who reach their equivalent of 10,000 makes or more will be given a tshirt and be a part of the Glenwood Shot Club.

The High School Gyms will be open from 7:30am-3pm every day this summer to shoot.

The reason there are so many 'average' teams and 'average' people in the world is because being 'average' is easy. Choosing the more difficult path that requires more time, sacrifice and effort always makes what you really want that much more satisfying to get. *Remember...*

"THERE MAY BE PEOPLE  
WHO HAVE MORE TALENT  
THEN YOU, BUT THERE IS  
NO EXCUSE FOR ANYONE  
TO WORK HARDER THEN  
YOU DO" DEREK JETER



Sincerely,

*Jeff Bissen*