



# 10,000 Shot

# Club



1. The 10,000 Shot Club is open to all players entering 3-12<sup>th</sup> grade within the Lodi School District. The shot club costs \$10.00 and all players reaching the goal of 10,000 shots over the course of 6 months will be recognized at High School Basketball Game!
2. The 10,000 Shot Club will run from June 15<sup>th</sup> through November 9<sup>th</sup>
3. The purpose of this club is to *recognize those present and future Blue Devil Players who are willing to work hard in the off season to improve their basketball skills* as well as to get players shooting more often and with purpose-using different programs and concentrating on making game like shots.

## Here is how it works:

1. Count your shots every time you shoot.
2. Shots must be varied (25% free throw; 25% lay ups; 25% outside lane; 25% inside)
3. Shooting workouts can be done by yourself or with a group. This program can be done anywhere and anytime (home, practice, open gyms, etc) The **weekly goal** should be 530 makes for players entering 7<sup>th</sup>-12<sup>th</sup> grade and 275 makes for players entering 3-6<sup>th</sup> grade.
4. YOU MUST PRACTICE WITH A PURPOSE! Vary your shooting programs and try to simulate game speed while completing the workouts.
5. Make sure to record your shots on your log sheet every day that you shoot and have it signed.
6. All players must submit their shot sheets, verified by a responsible adult and return to Coach Puls, Coach Houser or Diana Karls by November 9<sup>th</sup>.
7. Log sheets will be emailed to you once you are registered

**Are you Up to the Challenge?**

**Cost \$10**

**A SPECIAL WAIVER WILL NEED TO BE COMPLETED 1 OF 2 WAYS.**

1. PRINT A COPY AND COMPLETE. PLEASE RETURN WITH THIS REGISTRATION FORM. [WWW.LODI.K12.WI.US](http://WWW.LODI.K12.WI.US)  
CLICK ON COMMUNITY AND THEN CREW. CREW FORM ON THE RIGHT SIDE OF WEBSITE!
2. REGISTER ON-LINE AND COMPLETE INFO FOR THE WAIVER ON-LINE

**Any Questions Contact**  
592-1076

**Mail Form to:**  
CREW  
Attn: Heidi Endres  
115 School St; Lodi, WI 53555  
**Method of Payment: \$10**  
Check, Cash, register on-line

Participants Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Parents Signature: \_\_\_\_\_