



10,000 Shot Club



Club



1. The 10,000 Shot Club is open to all players entering 3-12th 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 1st through November 7th
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 7th-12th grade and 275 makes for players entering 3-6th 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 Diana Karls or Heidi Endres at the Pool/CREW office by November 8th.
7. Log sheets will be emailed to you once you are registered

Are you Up to the Challenge?

Cost \$10

By this Waiver, I assume any risk, and take full responsibility and waive any claims of personal injury, death or damage to personal property associated with **Lodi School District Recreation and Education Program** activities and events organized by **The School District of Lodi**.

I understand and confirm that by signing this WAIVER AND RELEASE I have given up considerable future legal rights. I have signed this Agreement freely, voluntarily, under no duress. My signature is proof of my intention to execute a complete and unconditional WAIVER AND RELEASE of all liability to the full extent of the law. I also grant permission for CREW to post photos on social media and the website. I am 18 year of age or older and mentally competent to enter into this waiver.

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: _____