



Boone Central Basketball

10,000 Shot Club

For all boys/girls entering grades 2nd - 8th

Dates: April 4th - October 31st

The Boone Central Basketball 10,000 Shot club is a great chance for those looking to improve on their shooting skill in the off-season. For those entering grades 2nd-8th, to become a member of this club you will need to take 10,000 shots. This is approximately 30 weeks, and some days/weeks you will get more shots up than others!

Directions for Recording/Rules:

1. Use the recording sheets to keep track of your shots each day in a box provided.
2. Start date is April 4th for recording, and the last day is October 31st.
3. Boone Central coaches follow the B.E.E.F (Balance, Eyes on Target, Elbow In and Follow Through) for teaching form. Great form leads to great results.
4. **TURN IN YOUR FORMS THE FIRST WEEK OF NOVEMBER TO COACH THOME OR COACH IMUS!**

By shooting 10,000 shots during the offseason, you will get our 10,000 Shot Club T-Shirt, your picture put in the paper, and be recognized at halftime of a Varsity Game during the upcoming Basketball Season.

If you need any additional forms, please contact Coach Thome/Coach Imus.

- cthorne@boonecentral.esu7.org
- aimus@boonecentral.esu7.org

Name: _____

April

Sun.	Mon.	Tu.	Wed.	Th.	Fri.	Sat.

April Total: _____

May

Sun.	Mon.	Tu.	Wed.	Th.	Fri.	Sat.

May Total: _____

June

Sun.	Mon.	Tu.	Wed.	Th.	Fri.	Sat.

June Total: _____

July

Sun.	Mon.	Tu.	Wed.	Th.	Fri.	Sat.

July Total: _____

August

Sun.	Mon.	Tu.	Wed.	Th.	Fri.	Sat.

August Total: _____

September

Sun.	Mon.	Tu.	Wed.	Th.	Fri.	Sat.

September Total: _____

October

Sun.	Mon.	Tu.	Wed.	Th.	Fri.	Sat.

October Total: _____

<u>April</u>	
<u>May</u>	
<u>June</u>	
<u>July</u>	
<u>August</u>	
<u>September</u>	
<u>October</u>	
<u>TOTAL SHOTS:</u>	

