



# Mona Shores Girls Basketball

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## 10,000 Shot Program

*For all girls going into 4th – 8th grade that were a part of any of our youth or middle school programs*

**Starting May 1st – September 30th**

The Lady Sailors 10,000 Shot Program is a chance for you to improve your shooting skills over the summer giving you a goal you can achieve. Attempting 10,000 quality shot attempts during the course of the summer is all it takes to become a member of the 10,000 shot program. That's just 100 shots per day. When you break it down, it shouldn't take you more than 10 minutes a day to get up 100 quality shots. Challenge yourself or challenge your friends, but get out there and get it done.

Attached is a calendar for all girls entering 4th – 8th grade that would like to participate in the Lady Sailors Basketball 10,000 Shot Club Program. Simply fill in the calendar/chart and mail it in before October 8th. In order to qualify for an award, the following criteria must be met.

- Print your name, grade and school building on the chart.
- Record your daily number of shots on the calendar/chart.
- Starting date is Saturday, May 1st. Ending date is Thursday, September 30.
- Have your parent(s) / guardian initial each week.
- You may credit 150 shots a day if you attend our Mona Shores Girls Basketball Summer Camp.
- Record your total shots at the bottom of the chart.
- Have your parent's sign your sheet verifying completion of the program.
- Deadline for returning shot charts is Friday, October 8th.

You can use the sample workouts on the calendar chart, or come up with your own. It has often been said that teams are made during the season and players are made over the summer. By working on your game this summer and getting quality shots up on a daily basis you will improve your shooting and give yourself an advantage over your competition.

Everyone can succeed, below are the different levels to help you achieve your goals.

**Silver Member** – 10,000 shots over the summer, and you will get your name on the web site, recognition at a varsity game, and a 10,000 club shirt.

**Gold Members** – 15,000 shots over the summer, and you will get your name on the web site, recognition at a varsity game, and a 15,000 club shirt.

**Platinum Members** – 20,000 + shots over the summer, and you will get your name on the web site, recognition at a varsity game, a 20,000 club shirt, and a medallion.

Yours in Sailor Pride,

*Coach Phillips*

Mike Phillips  
Varsity Girls Basketball Coach