Griggs-Midkota 10,000 Shot Club

The Griggs-Midkota 10,000 Shot Club is a challenge for all *boys grades 3 thru 12* attending any school within the co-op; Midkota, GCC, or Kensal. It will be from **Monday, June 8th thru August 31st**. Forms must be turned into your School Office by **Wednesday, September 2nd**.

This challenge is all about making ***YOU*** better. This is a very challenging, but extremely accomplishable goal for anyone who wants to compete at any level.

Why 10,000?

- Builds Muscle Memory
- Improves Confidence
- Develops Discipline and Consistency
- Creates Separation During the Season

Shot Quality Rules

- Player must shoot a minimum of 10,000 shots at game speed
  - -Use proper footwork, form, follow through
  - -It doesn't matter if you make or miss the shot
- Player must use daily log, either printed or use Google Sheets
- Shots must be at game speed! Use pass to self, shooting machine or someone rebounding and passing.
- Must have a witness sign, BE HONEST
  - *-If you're not honest, it will only hurt yourself and will be evident come season*

Do NOT Count

- Shots you DID NOT take!
- Half-speed shots
- Trick Shots
- Messing Around
- Organized team workouts, camps, travel/AAU games
  - -Coach may approve certain drills that can count

Have Fun! Your current level is not what it is about, it is where you want to get!

Champions are built in the off season. The season only reveals the work you already put in.

Shot Club Levels - Members will be recognized in game programs and social media platforms

Silver - 5,000 shots
Gold - 7,500 shots
Elite - 10,000 shots (will also receive a 10K shot club t-shirt and bag tag)