



White Bear Lake Basketball Association

10,000 Shot Club

What: 10,000 Shot Club
Shoot 10,000 shots within the summer break, June 1 – August 31.

Eligibility: Any 4th – 11th grade (2009 – 2010 School Year) boy or girl.

How: Count your shots every time you shoot. Instead of counting each shot, you can count the shots you take for a 15-minute period, and then just track the time you shoot. For example, if you can shoot 50 shots (at a normal shooting pace) in 15 minutes, every hour of shooting will be 200 shots.

Reward: 10,000 club T-shirt, recognition at the 2008-2009 Fall “Tip-Off” or a WBL high school game and most importantly a better shot.

Follow these simple instructions:

- Instructions:**
- Calculate how many shots you normally shoot within a 15-minute period.
 - Go shoot, shoot, shoot.....
 - Complete the attached shooting club form to easily track your shots.
 - Send this sheet along with all the shooting club forms to the address below. Remember to have your parents sign it.

Results: June: _____ (Number of shots)
July: _____
August: _____
Total: _____

Parent Signature: _____

Your Information: Name: _____
Address: _____
City, State Zip: _____
E-Mail: _____
Phone: _____

T-Shirt Size: YM YL S M L XL

Send Results To: 10,000 Shot Club
C/O John Regnier
1824 Orchard Lane
White Bear Lake, MN 55110

