"Somewhere someone is practicing. And when you meet them face-to-face they will beat you. Unless that someone practicing is YOU."

WILL YOU ACCEPT THE CHALLENGE?

Sponsored by:

Travis Castle Agency
What are the goals of the Cardinal Shot Club?
1. Have FUN playing basketball!
2. Get better!
3. Shoot as many shots as possible this summer -- at least 1,000 shots.

When does it start?
The last day of school – Tuesday, May 27th! You can start keeping track of your shots then. All shot totals must be turned in by the last day of this summer's shot club, Friday, August 1st.

Who can participate?
Treynor boys entering grades 1st through 8th.

How do I get started?
Start shooting! Grab a friend, grab a parent, or just shoot on your own -- all you need to do is find a hoop!

How do I keep track of my shots?
You do this on your own with your parents verifying all your shots taken. Some use a calendar, others use Shot Sheets and/or Progress Charts. On the Shot Club website there are sample workouts and Shot Sheets that you can use if you would like. Feel free to make copies and use the Progress Chart to track your progress.

Do I have to use the Shot Sheets?
No. You just have to keep track of your shots. If the Shot Sheets help keep you motivated and/or organized, then use them. If you have a workout or shooting game that you like better -- GO FOR IT! The purpose of Shot Club is not how you track your progress, but simply that you are making progress and becoming a better shooter.

Where do I turn in my Shot Total?
Turn in your shot total (with t-shirt size) to Coach Rucker (srucker@treynorcardinals.org). All shot totals must be completed and turned in by Friday, August 1st.

What do I get for becoming a member of the Cardinal Shot Club?
Sharp-shooters who shoot at least 1,000 shots receive a Cardinal Shot Club t-shirt. Your t-shirt will have the number of shots you took this summer in 1,000 shot increments. In addition to the Cardinal Shot Club t-shirts, we will recognize Shot Club members on the website.

Can I shoot more than 1,000 shots?
ABSOLUTELY!!!! Great players are always going above and beyond! We have had some kids shoot over 20,000 shots! The record is 30,000 shots.

What if I go to a basketball camp?
GREAT! A week at any basketball camp, including Treynor's Camp on June 9-13, will earn you an automatic 100 shots per day of camp. Of course, you can still shoot extra shots during that week, too.

Can I do this with a friend or my parents?
OF COURSE!!! It is strongly encouraged and more fun that way. In fact, each time you work out with a friend or your parent (with a minimum 100 shots each) you earn a bonus 25 shots. Success is sweeter when shared with others!

How do I get more information?
Check the Shot Club website https://sites.google.com/a/treynorcardinals.org/treynorshotclub/ (or just google "Cardinal Shot Club") and click on the Cardinal Shot Club link on the left-hand side. Also, feel free to contact Coach Rucker at srucker@treynorcardinals.org.