

9th ANNUAL

Cardinal Shot Club



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

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Cardinal Shot Club



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?

Friday, June 1st! 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, Tuesday, July 31st.

Who can participate?

Treynor BOYS & GIRLS entering grades 1st through 8th in the fall.

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) or Coach Chapman (jchapman@treynorcardinals.org). All shot totals must be completed and turned in by Friday, August 3rd.

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 is this about keeping track of MAKES?

If you're looking for an extra challenge, you can keep track of your makes instead of shots. Your shirt will show that your total is for makes!

What if I go to a basketball camp or have an AAU/club team game?

GREAT! Basketball camps, including Treynor's Camp on June 18-21, will earn you an automatic 100 shots (or 50 makes if you are only counting makes) for every hour of camp (so a three hour camp would be 300 shots or 150 makes each day). Of course, you can still shoot extra shots during that week, too. If you are playing on an AAU or club team, each game you play is worth 100 shots (or 50 makes).

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 of 100 shots each) you earn a bonus 25 shots. Success is sweeter when shared with others!

How do I get more information?

Check the Treynor Basketball website <http://www.treynorcardinals.org/boysbasketball> and click on the Cardinal Shot Club link at the top of the page. Also, feel free to contact Coach Rucker at srucker@treynorcardinals.org or Coach Chapman at jchapman@treynorcardinals.org.