



Assumption Royals

5,000 Shot Club

The *Assumption Boys and Girls Basketball Programs* are excited to announce the requirements for gaining membership into the 5,000 Shot Club. Starting Tuesday, June 1, 2021 and running through Tuesday, August 31, 2021. All basketball players in grades 1-4 (fall 2021) are strongly encouraged to participate and earn a spot in Assumption's 5,000 Shot Club.

What are the requirements to become a member of the 5,000 Shot Club?

Every participant must attempt at least 5,000 shots over the course of the summer to qualify. That is 55 basketball shots each day for 92 days. Players only need to track the number of shots they TAKE (if they want to track the number of shots they MAKE to check progress that is great, but it is not a requirement). The 5,000 Shot Club functions on the honor system with each athlete recording how many shots they attempt per day. They do not have to shoot every day (vacations, family functions, etc) but the maximum number of shots that can be recorded on a given day is 200 – this program is about being committed to getting outside and shooting shots on a regular basis throughout the summer at game speed.

What types of shots qualify as acceptable to become a member of the 5,000 Shot Club?

Any type of shot is acceptable in this program, as long as each player is working on improving his or her shot accuracy. For best results, we recommend a variety of shots such as lay-ups, free throws, and outside shots. As a note to parents, most kids that are entering the 4th grade or younger should concentrate their shots around the basket. No shots should be attempted from further out than the free throw line extended as an arc. The reason being is that we want to promote good shooting habits rather than “chucking” the ball at the hoop from long distances. For boys and girls in grades 5-8, shots extending out to the 3-point line are fine as long as the athlete possesses the strength and skill to do so. Shots can be taken at home, at a park, during summer school class, at camps, or whenever and wherever there is a hoop and ball.

What should I do once I exceed 5,000 attempted shots?

Upon completion of 5,000 shots, please have the “5,000 Shot Club Tracking Form” and “5,000 Shot Club Parent Verification Form” signed by a parent or legal guardian. Please mail the completed forms to...

*Assumption Catholic Schools
Attn: Joe Birkhauser, Athletic Director
445 Chestnut Street
Wisconsin Rapids, WI 54494*

Every person who attempts 5,000 shots and submits their paperwork before the deadline of **September 15, 2021** will solidify their spot in the 5,000 Shot Club. As a reward for 5,000 shots worth of time, effort, and dedication, each member of the club will receive an award in recognition of this accomplishment. In addition, athletes will be introduced during halftime of a home Assumption boys or girls varsity basketball game, and there will be a post on the Assumption Facebook page.

What is the goal of the Assumption Boys and Girls Basketball Programs in creating the 5,000 Shot Club?

The primary goal of the *Assumption Boys and Girls Basketball Programs* is to inspire our young ballers to drop the video game controller, run out of the house, grab a basketball, and shoot as many shots as they can this summer. It is so important for aspiring basketball players to get as much “driveway time” as possible! Get some friends together and enjoy the beautiful summer weather with a basketball in your hands! We hope to have at least 15 athletes become members of the 5,000 Shot Club. So, get out there and get some shots up! Good luck, have fun, and make sure to always work your hardest to become the best you can be!