



Blugolds Basketball 10,000 Shot Club

“Success comes from knowing that you did your best to become the best that you are capable of becoming.” - John Wooden

Basketball TEAMS are made from November to March...Basketball PLAYERS are made from March to November. As a player, THIS IS YOUR TIME!

Aquinas Basketball is sponsoring our first ever 10,000 Shot Club. We challenge all of our players to shoot at least 10,000 game-like shots this summer. We want our players to keep track of the shots they take during the off-season. Don't worry about your makes, rather focus on your form and the makes will start to pile up. Those who achieve 10,000 shot attempts in the allowed timeframe will be presented a 10K Club T-Shirt while being recognized at halftime of an Aquinas home game for their achievement.

THE TIME IS NOW! It's time to get ready for next season by working on your game. The goal of the 10K Club is to develop the confidence you need to succeed in game situations because you put in the work to improve your game. You must be true to yourself and be honest about what you want to get out of the program. Get yourself in a practice routine. Record information with shots attempted and shots made and you will be able to track your improvement over the summer. There are 122 days between June 1st and September 30th. Players will need to average 82 shots per day to accomplish their goal. We, and many other programs in the country believe this to be a very attainable goal that will yield noticeable results for those who stick to it!

Qualifications and Rules

- Players must attempt 10,000 game type shots between June 1st and September 30th.
- Players must keep a log of their shooting workouts and have them signed by a parent. A shooting log is posted on the Aquinas Boys Basketball web page at aquinasschools.org.
- All players enrolled at Aquinas Catholic Schools, or who participate in the Aquinas Basketball Summer Skill Development Program are eligible.
- You must shoot game quality shots at game speed-it should feel like you're working. Use the flip-out/self-toss method to simulate catch & shoot situations.
- Your workouts should include finishes at the rim, free throws, catch and shoots, and off the dribble pull-ups.

What are game shots?

You should shoot all of your shots at GAME SPEED because that is what will help you become a better player during your season. During our HS season we strive to make shots while tired. We want our players doing the same in the off-season. Playing 'horse' and 'lightning' with friends is fun, but doesn't translate to game success. Game shots are different for each player based on individual skill set. Each workout should start close to the basket working on proper balance, form, and follow through.



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Can I just guess how many shots I shoot?

NO! Once you have a routine it should be easy to count your shots.

Attempting 4 cycles of 25 shots at game speed, followed by 10 free throws will give you 100 shots and 40 free throws. It is up to you if you track how many shots you make, or simply how many you attempt. If you simply want to track attempted shots, after a week of tracking shots taken and time it takes you, you should have an idea of how many shots you take in 15 minutes and can just keep track of time. For example, if you typically take 10 shots in a minute, and I shoot for 15 minutes, you can log 150 shots for that session.

Does my parent have to watch me shoot?

Absolutely not! We want you, as an athlete and a person, to develop and internal drive. Your parent simple needs to verify to the best of their knowledge, you had the time/opportunity to shoot your shots. If they want to help, that's great. If they choose to be a rebounder/counter for you, you may increase efficiency in your workouts and get more shots up. A workout partner/friend shooting with you could do the same, and now one of your teammates is bought in to the program too!

Can I shoot more than 10,000 shots?

YES! Your goal should be to max out with as many game speed shots as you can get in during the period allowed. Who will get the most shots in our program? Will it be YOU? Some kids have been known to get 30,000+ shots in the time allowed. Carve out time each and every day to get your shots up and you will be amazed at how many shots you can get in.

What do I do once I have shot 10,000 shots?

Total up off of your shots and make sure they have been verified by a parent. Send your completed workout log to Coach Reinhart after October 1st and before October 15th. You can email the forms to coach at brad.reinhart@aquinasschools.org . Please be sure to provide your shirt size in your email!

Tips to a successful summer shooting program:

1. Schedule regular times each day to shoot
2. Write down daily and long term goals
3. Focus on the Fundamentals - Balance, Form, Follow Through
4. Take shots you will take in a game
5. Add variety to keep it fresh
6. Shoot off movement & follow ALL shots. Never let the ball bounce twice.
7. Shoot through fatigue - use free throws to break up sets off movement
8. Shoot to music! Every workout is better when done to music.
9. Have a shooter's mentality. Believe that every shot is going in regardless of the last shot's result.