

**Moose Lake-Willow River Rebels
Elementary Girls Basketball
5,000 or 10,000 MAKE Club!**



“Nothing will work unless you do.” -John Wooden

WHAT: MLWR basketball is offering a 5,000/10,000 Make Club for the upcoming off-season. If you want to be a great basketball player you have to put in the time in the off-season. *Great shooters are not born, they are made!*

WHO: All girls basketball players entering grades 4-6.

WHEN: The 5,000/10,000 Make Challenge will begin May 1st and conclude on July 31st.

WHY: To improve your own basketball skills (AND TO MAKE YOUR TEAM BETTER!)

COST: FREE

*5,000 MAKES= T-Shirt

*10,000 MAKES= T-Shirt/Shorts

*****See back side of flyer for more details**

HOW DO I RECORD MY MAKES?

Use the attached spreadsheet to record your makes every day. The spreadsheet can also be found on the girls basketball website or you can email Coach Wright to have a spreadsheet sent to you.

Mail in or email your spreadsheet to Coach Wright by August 5th, 2017.

You have approximately 90 days to complete these challenges. 5,000 makes in 90 days comes down to about 56 shots made per day and 10,000 makes in 90 days is approximately 112 per day.

Important Shooting Information:

1. Good form is very important. (hop into your shot, dip the ball, jump forward and have a good follow thru!) Start in close with form shots and then work your way back.
2. Practice shooting at game speed. Casual shooting (playing PIG or HORSE) will not help you come game-time.
3. Practice a variety of shots (shots off the catch, shots off the dribble, post-move shots, layups, free throws, etc.)
4. Try to develop a routine for your shooting workouts.

You can shoot at home or you can shoot at any of the school gyms! Please check the schedule on the girls basketball website to view the open gym schedule for this spring/summer. Please contact Coach Wright via phone or email if you would like to set up a shooting/skill lesson.

Contact Information:

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Girls Basketball Website
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