



Central Lyon 10,000 Shot Club

Use this sheet to automatically calculate your total number of shots

The Challenge Runs from June 1st, 2017 to September 1, 2017

Date	# of shots	Date	# of shots	Date	# of shots
6/1/2017		7/1/2017		8/1/2017	
6/2/2017		7/2/2017		8/2/2017	
6/3/2017		7/3/2017		8/3/2017	
6/4/2017		7/4/2017		8/4/2017	
6/5/2017		7/5/2017		8/5/2017	
6/6/2017		7/6/2017		8/6/2017	
6/7/2017		7/7/2017		8/7/2017	
6/8/2017		7/8/2017		8/8/2017	
6/9/2017		7/9/2017		8/9/2017	
6/10/2017		7/10/2017		8/10/2017	
6/11/2017		7/11/2017		8/11/2017	
6/12/2017		7/12/2017		8/12/2017	
6/13/2017		7/13/2017		8/13/2017	
6/14/2017		7/14/2017		8/14/2017	
6/15/2017		7/15/2017		8/15/2017	
6/16/2017		7/16/2017		8/16/2017	
6/17/2017		7/17/2017		8/17/2017	
6/18/2017		7/18/2017		8/18/2017	
6/19/2017		7/19/2017		8/19/2017	
6/20/2017		7/20/2017		8/20/2017	
6/21/2017		7/21/2017		8/21/2017	
6/22/2017		7/22/2017		8/22/2017	
6/23/2017		7/23/2017		8/23/2017	
6/24/2017		7/24/2017		8/24/2017	
6/25/2017		7/25/2017		8/25/2017	
6/26/2017		7/26/2017		8/26/2017	
6/27/2017		7/27/2017		8/27/2017	
6/28/2017		7/28/2017		8/28/2017	
6/29/2017		7/29/2017		8/29/2017	
6/30/2017		7/30/2017		8/30/2017	
		7/31/2017		8/31/2017	
June	0	July	0	August	0
Parent: *		Parent: *		Parent: *	

Not going to work on your shot this off-season? Then here are the shots your coach will want you to take next year:



Name:

Address:

Address:

Grade 2017/2018

Phone Number:

Email Address:

Total # of Shots:

Work on all parts of your shooting game...

Right and Left Side...

- | | |
|----------------------|--------------------|
| *Layups | *Free Throws |
| *Mikan Drill | *Baseline Shots |
| *Jump Stop | *3 Point Shots |
| *Reverse Layups | *Mid Range Shots |
| *Post Moves Down Low | *Short Range Shots |
| *Be Creative | *Have Fun |

T-Shirt Size

Please turn your completed form into Coach Grafing on September 1, 2017.

*Parents are not required to watch every shot. We are only looking for you to initial that your child is working towards their goal.