



Iowa Intensity

10,000 Club

What: 10,000 Shots and 20,000 Two Ball Dribbles Club
Shoot 10,000 shots and do 10,000 two ball dribbles (or 20,000 dribbles with each hand) from April 1 through July 31.

Eligibility: Any 6th – HS grade Iowa Intensity (2015 – 2016 School Year) boy or girl. 5th grade & younger can be a junior club member by completing 50%.

How: Count your shots every time you shoot, number made and number attempted. Count your dribbles when doing different two ball dribble drills. The program functions on the honor system with each player recording how many shots/dribbles per day. You do not have to shoot every day; it's about a commitment to practice regularly. Intensity practice time doesn't count.

Reward: Iowa Intensity 10,000 club T-shirt, including names of each club member on back of the shirt (with an * if you make 10,000 shots rather than just shoot).

- Instructions:** Follow these simple instructions:
- Go shoot, shoot, shoot.....count the number made and attempted. All shots must be on a 10' rim.
 - Complete the attached shooting club form to easily track your shots, do a variety of types, pull-ups, off catch, free throws, etc.
 - Count the number of two ball dribbles completed and record them.
 - Send this sheet along with all the shooting and dribbling forms to the address below. Remember to have your parents sign it.
 - *Up to 200 shots per month may include lay-ups if shot with the proper hand, and at least half is with the weak hand.*

Results: April: _____ (Number of shots & dribbles)
May: _____
June: _____
July: _____
Total: _____

Parent Signature: _____

Your Information: Name: _____
Address: _____
City, State Zip: _____

T-Shirt Size: YS YM YL S M L XL

Send Results To: Iowa Intensity Youth Sports
c/o Chris Hansen
3087 40th Street
Grinnell, IA 50112

