

# SPASH HOOPS



*Girl's Basketball in the Stevens Point Area*

## SPASH SHOOTING CLUB

Hoops Club has a shooting program for all girls up through 8<sup>th</sup> grade again this year. The focus of the Club is to get the girls shooting more often and with a purpose --using different programs and concentrating on **making** game like shots. Shooting program workouts can be done by your self or with a group. This program can be done anywhere and anytime (home, practice, open gyms, YMCA, Adventure 212, etc...). (Check the webpage for open gym dates for shooting)

### **How the Club works.**

1. Each day you shoot, choose a different workout. Always begin with the shooting steps before starting any program.
2. Record how many shots **you made** on the shooting chart for the specific program.
3. Email your weekly totals (made shot only) to Coach Hauser-dhauser@wisp.k12.wi.us. We frequently update the shooting rankings chart on the hoops club webpage. (**SPASHHOOPS.ORG**)
4. Simulate game speed while shooting in the programs. Repetition will build shooting muscle memory. Shoot to make every shot. Every workout you will be gaining confidence after seeing hundreds of shots go through the net.
5. Weekly goal should be 500 shots made.

### **Reward Levels-- For total shots made.**

<b>2500</b>	<b>Shooting Club T-shirt</b>
<b>5000</b>	<b>PLUS SPASH Basketball Back Pack</b>
<b>7500</b>	<b>PLUS SPASH basketball shorts</b>
<b>10,000</b>	<b>PLUS SPASH basketball shorts &amp; Ball &amp; 10,000 shot plaque</b>
<b>15,000</b>	<b>PLUS Headband &amp; SPASH basketball sweatpants</b>
<b>20,000</b>	<b>PLUS 20,000 Shots T-shirt &amp; 20,000 shot plaque</b>

SHOOTING CLUB RUNS THROUGHTOUT THE YEAR. SHOT TOTALS FOR REWARDS NEED TO BE TURNED IN BY JANUARY 31. EACH PLAYER'S TOTALS ARE CUMULATIVE FROM BEGINNING OF SHOOTING CLUB. PARTICIPANTS WILL ONLY RECEIVE EACH AWARD ONCE. REWARD WINNERS WILL BE INTRODUCED AT A SPASH GIRLS HOME BASKETBALL GAME IN FEBRUARY 2011. GAME TBA.