



The 5000/10,000 CLUB SHOT CHALLENGE



ROCKET BASKETBALL

Goal: Make 5,000 or 10,000 shots between now and the first day of school. Log daily makes on the back of this sheet and have a parent/guardian sign weekly to verify your totals. All shots must be on a 10 ft. rim

The Rewards: Reach your goal to be honored at a Varsity halftime next winter and earn your exclusive 5,000 Club T-Shirt or 10,000 Club Hoodie.

Coach’s Note: Stay dedicated by building a daily routine. On good days, shoot extra reps to build a cushion for later. Partner with a buddy to rebound for each other and keep the energy high. Don’t just count shots—build the habit of outworking the competition. **Keep going!**

GOOD LUCK – WE’LL SEE YOU AT HALFTIME!

SAMPLE WORKOUTS:

3rd-5th graders

- 20 Made Left Handed Layups
- 20 Made Right Handed Layups
- 10 Makes from the Right Block (use backboard)
- 10 Makes from the Left Block (use backboard)
- 10 Makes from the Right Elbow
- 10 Makes from the Left Elbow
- 10 Makes from the Middle of the key
- 10 made Free Throws
- 100 TOTAL MAKES

6th-8th graders

- 10 Made Left Handed Layups
- 10 Made Right Handed Layups
- 10 Makes from the Right Block (use backboard)
- 10 Makes from the Left Block (use backboard)
- 10 Makes from the Right Elbow
- 10 Makes from the Left Elbow
- 10 Makes from 3 at top of the key
- 10 Makes from 3 on the right wing
- 10 Makes from 3 on the left wing
- 10 Made Free Throws
- 100 TOTAL MAKES

*Players should only shoot 3’s if you can do it with proper form!

If you successfully complete this challenge, have the back and bottom completed and send it back by September 8th, 2026. You will receive an email with details for the game that you will be introduced at.

Send to:

**Coach LaRiccia
Bay High School
29230 Wolf Road
Bay Village, OH 44140**

NAME _____ GRADE _____

Parent/Guardian Phone # / EMAIL ADDRESS _____

5000 CLUB: Bay Basketball T-Shirt Size (Circle One): ADULT S M L XL Youth S M L

10,000 CLUB: Bay Basketball Hoodie Size (Circle One): ADULT S M L XL Youth S M L

(Please be sure to mark correct size as the exact number of t-shirts and hoodies are ordered)

Bay Rockets Boys Basketball

5,000/10,000 Shot Club Shooting Log

	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Week Total	Running Total	Parent Signature
June	1	2	3	4	5	6	7			
June	8	9	10	11	12	13	14			
June	15	16	17	18	19	20	21			
June	22	23	24	25	26	27	28			
June/July	29	30	1	2	3	4	5			
July	6	7	8	9	10	11	12			
July	13	14	15	16	17	18	19			
July	20	21	22	23	24	25	26			
July/Aug	27	28	29	30	31	1	2			
Aug	3	4	5	6	7	8	9			
Aug	10	11	12	13	14	15	16			
Aug	17	18								
School Starts August 18th!!!										
								SUMMER TOTAL		