



## Tornado 10,000

The GTTBA “Girls Traveling Tornado Basketball Association” is sponsoring a 10,000 shot club for the summer of 2010. This is an off season program designed to get participants to work on their shots and improve their game in preparation for next season.

This program will be offered to all girls looking to improve their shots. This is not designed to see how many shots can be thrown up at the basket, but rather a goal of 10,000 quality shots made in a summer. Excellent shooters all have things in common. Proper technique and repetition are two key elements that make a better player.

The program will run from June 1<sup>st</sup> through August 31<sup>st</sup>, 2010. Each girl will keep a daily record of the shots made and enter them on the shot tracker spread sheet. This will keep a cumulative tally so you can chart your progress. Each participant needs to be disciplined to get out and shoot as often as possible. The goal is to make 10,000 shots! This is a goal to literally shoot for. It will be challenging goal to make unless you stay on top of it.

This will be a great program to improve shooting and to get as many girls involved in basketball as possible. Supporting and encouraging each other is an important part of this club. Let’s do this all together!

Please log in at [www.anokatravelingbasketball.com](http://www.anokatravelingbasketball.com) to download or print out your chart.

Please return this sign up sheet and \$10.00 to register for the club.  
Your entry fee will include a t-shirt and prizes for those making the most shots.

**Deadline – May 31<sup>st</sup> 2010**

Parent/Child Name: \_\_\_\_\_

Email address: \_\_\_\_\_

Address/Phone # \_\_\_\_\_

School and Grade: \_\_\_\_\_

Shirt Size Adult ( S ) ( M ) ( L )

Please make checks payable to GTTBA and mail them to:  
Eric Smitsdorff  
3212 131st Ave NW  
Coon Rapids, MN 55448

Please contact Eric @ 763-433-8001 with any questions. I will contact you with further information.