

Fairmont Boys Basketball

2022

-150 Hour Club-

Boys in Grades 3-6 (current grade)



“Victory requires payment in advance”

2021Members

Grades 8-12 (300 Hour Club)

| | | |
|-------------------|-------------|------------|
| Jacob Crissinger: | 371.5 Hours | 12th grade |
| Nolan Schultze | 369 | 9th grade |
| Blake Hilgendorf: | 363 Hours | 11th grade |
| Levi Pooley: | 348.5 | 10th grade |
| Carmyne Hecht | 330 | 8th grade |
| Sawyer Tordsen | 308 | 11th grade |
| Hadan Toomer: | 300 Hours | 9th grade |

Grades 3-7 (15 Hour Club)

| | | |
|------------------|-----------|-----------|
| Joey Crissinger: | 174 Hours | 7th grade |
| Ryan Thompson: | 150 Hours | 4th grade |

Fairmont Boys Basketball

"150 Hour Club"



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Here's a reminder that no one has yet found a way to get something for nothing. All worthwhile goals come at a price, and the coins with which we pay are concentration, persistence and desire.

It is often said that teams are made during the "in" season while players are made in the "off" season. It is with this premise that we have the Fairmont Basketball 150 Hour Club for grades 3-6. The goal of the 300 Hour Club is for players to document over 300 hours of basketball related activities during the off-season. Players will set individual offseason goals, will be given a calendar, and will monitor their basketball related activities on the calendar. The 150 club hours will start on April 1st. Players will turn this into Coach Thompson by October 31st. All players who have earned over 150 Hours will receive a t-shirt and be recognized before a varsity basketball game. Players who reach the 300 Hour Club will receive a t-shirt along with other awards.

Players can earn hours in the following ways:

- 1 hour for every hour spent running or working on your strength
- 1 hour for every hour of basketball you practice or play (includes: camps, summer leagues, shooting in driveway, etc.)
- Up to 20 hours of service or volunteer work will count toward the 150 hour club.
- Bonus Hours:
 - 1 Bonus hour for every 150 Free Throws that you shoot.
 - 1 Bonus hour if you complete an entire perimeter or post workout plan

Fairmont Basketball Off-Season Goal Setting

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Name: _____

Grade next year: _____

Today Date: _____

What are my off-season basketball goals?

What is my detailed plan to reach these goals?

Reflection in October. Do you believe you reached your off-season goals? Why or why not?