



10K Shot Club form

Total Shots:

June Total:

July Total:

August Total:

September Total:

June		July		August		September	
Date	Shots Taken	Date	Shots Taken	Date	Shots Taken	Date	Shots Taken
June 1		July 1		August 1		September 1	
June 2		July 2		August 2		September 2	
June 3		July 3		August 3		September 3	
June 4		July 4		August 4		September 4	
June 5		July 5		August 5		September 5	
June 6		July 6		August 6		September 6	
June 7		July 7		August 7		September 7	
June 8		July 8		August 8		September 8	
June 9		July 9		August 9		September 9	
June 10		July 10		August 10		September 10	
June 11		July 11		August 11		September 11	
June 12		July 12		August 12		September 12	
June 13		July 13		August 13		September 13	
June 14		July 14		August 14		September 14	
June 15		July 15		August 15		September 15	
June 16		July 16		August 16		September 16	
June 17		July 17		August 17		September 17	

June 18		July 18		August 18		September 18	
June 19		July 19		August 19		September 19	
June 20		July 20		August 20		September 20	
June 21		July 21		August 21		September 21	
June 22		July 22		August 22		September 22	
June 23		July 23		August 23		September 23	
June 24		July 24		August 24		September 24	
June 25		July 25		August 25		September 25	
June 26		July 26		August 26		September 26	
June 27		July 27		August 27		September 27	
June 28		July 28		August 28		September 28	
June 29		July 29		August 29		September 29	
June 30		July 30		August 30		September 30	
		July 31		August 31			

Player Name

2025-2026 Grade

Email

Phone #

T-shirt Size

You can use this cheat sheet estimate your shots.

- 150 shots for 1 day at a regular basketball camp
- 250 shots for 1 day at a shooting camp
- 25 shots for every 15 minutes while shooting by yourself

Please give your shot tracking forms to a boy's or girl's coordinator by October 13, 2025.