

# Fairmont Boys Basketball

# 2022

## -300 Hour Club-



**“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 (150 Hour Club)

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

## *Fairmont Boys Basketball*

### *"300 Hour Club"*



### *"Victory requires payment in advance"*

*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 300 Hour Club. 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 300 club hours will start on April 1st. Players will turn this into Coach Thompson by October 31st. All players who have earned over 300 Hours will receive a t-shirt and be recognized before a varsity basketball game. Players who reach the 400 Hour and 500 Hour Club will receive a t-shirt along with other awards.

#### **Players can earn hours in the following ways:**

- 50 hours for playing in a fall or spring sport
- 10 hours each for making the A or B honor roll in the spring and fall
- 1 hour for every hour spent in the weightroom or running/speed work
- 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 work will count toward the 300 hour club.
- Bonus Hours:
  - 1 Bonus hour for every 250 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?