



# Kimball Girls Basketball

## "A Girl, a Ball, and a Dream!" Club

(for girls basketball players grades 7-12)

How to become a member:

The best basketball players are made in the offseason! This Club is designed to help you track your time and to monitor your achievements.

Making a commitment is the first step in improving your game. These guidelines and calendar (reverse side) will help you track your time and lay out the foundation for you to accomplish your goals.

To become a member you will need to reach 200 hours of offseason commitment between May 1st and October 31st.

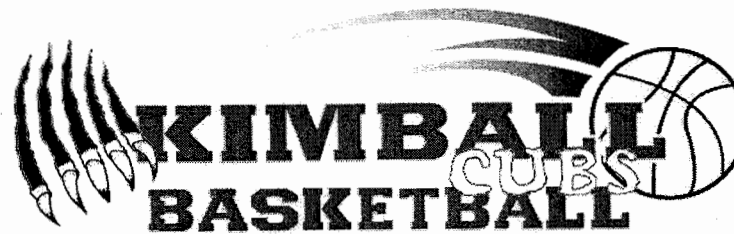
Qualifying Hours:

- Participating in a spring or fall sport = 25 hours (50 total)
- Attending a basketball day camp = 15 hours
- Attending an overnight basketball camp = 25 hours
- Playing in a team tournament or summer league = 20 hours
- Watching & listening to a basketball game either at a game or on TV = 5 hours (you can learn a lot by watching the game and listening to the announcers) (25 total)
- Any time spent practicing anywhere! At home, open gym, at a friends house, playing basketball, practicing dribbling, shooting, working on your fundamentals -for every hour spent practicing you get 1 hour towards your total. (even if it's 15 minutes at a time)

Reach 200 hours and you have met your goal and become a member!

Use the calendar to track your hours per day and then total your hours at the end of each month. Total your monthly hours to come up with your total hours.

May Hours: \_\_\_\_\_  
 June Hours: \_\_\_\_\_  
 July Hours: \_\_\_\_\_  
 August Hours: \_\_\_\_\_  
 September Hours: \_\_\_\_\_  
 October Hours: \_\_\_\_\_  
 Grand Total: \_\_\_\_\_



10,000 Shots option...

Or... shoot 10,000 shots to become a member...simply shoot 10,000 shots during the off-season and become a member of "A Girl, A Ball, and A Dream" Club.

(It may help to develop a plan, use a notebook, and set your goals appropriately!)

Player Signature: \_\_\_\_\_  
 Parent Signature: \_\_\_\_\_

Turn into your coach or directly into Coach Kuechle or Coach Stangle when done. (or give to the office and ask them to put into Coach Kuechle's mailbox)

Questions: Email: jeremykuechle@yahoo.com or cell: 320-293-0458

# A Girl, a Ball, and a Dream!

2013

May

Sun	Mon	Tue	Wed	Thur	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August

Sun	Mon	Tue	Wed	Thur	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June

Sun	Mon	Tue	Wed	Thur	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24	25	26	27	28	29

September

Sun	Mon	Tue	Wed	Thur	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

July

Sun	Mon	Tue	Wed	Thur	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

October

Sun	Mon	Tue	Wed	Thur	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

**Dream To Believe. Dare to Achieve.**