



Tiger 3K Shot Club

OBJECTIVE: The concept of the 3,000 shot club is to instill the will to win in our Biddeford players through work ethic, dedication, and confidence. Dedication and hard work come from the routine of getting in your shots and putting in extra time beyond team practices. Confidence is gained when you achieve your goals and know that you have put forth an extra effort to become a better player.

TASK: Shoot 3,000 Game Condition Shots during October 20th- February 28th & you will...

- Be a better shooter and player
- Be listed as a member of the Tiger 3K Shot Club
- Dri-fit custom 3K t-shirt

Rules and Guidelines:

1. Open to any inspiring Biddeford player from grades 1-12
2. You must have a parent/guardian willing to sign off of your shots
3. Shots should be completed between October 20th and February 28th
4. Shots must be "Game Condition Shots." Shots must be game speed and game appropriate for your skill and age. Be honest with yourself.
5. **Shots taken during a team practice or team game do not count towards 3k total.** Shots must happen before, after a practice or on personal time.
6. Foul shots count!!!
7. You must notify Coach Tardif or Coach Herbine of intent to join the 3K Shot Club by sending an email to jtardif@biddefordschools.me or kwherbine@gmail.com with your name, age, and shirt size.
8. When complete, email the **3k shooting form** with parent signature to Coach Tardif or Coach Herbine. Good Luck!!!

TIGER 3K Shooting Form

	Monday	Tuesday	Wed.	Thursday	Friday	Saturday	Sunday	Week Total
Example	45/85	25/50	20/25	51/100	15/20	-----	-----	156/275
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								
Week 7								
Week 8								
Week 9								
Week 10								
Week 11								
Week 12								
Week 13								
Week 14								
Week 15								
Week 16								
Week 17								
Week 18								
Week 19								
							Total Shots	

"I attest the player made or attempted these shots"

Player Signature

Parent Signature