

# Hopkins Royals Girls Basketball

School is out for the summer. The camps are wrapping up. The summer months between now and Labor Day will have a HUGE impact on your upcoming season. Hit the driveway, the parks, the gym, wherever you can find a regulation height 10 foot basket. Use a regulation size ball (28.5), and start hitting your shots.

The board of directors of the Hopkins Girls Basketball Association, in conjunction with the Hopkins high school varsity basketball program, is pleased to announce the creation of new summer program, the HGBA 3000 Shot Club. The program is available to all players that participate in the HGBA travel program during the upcoming 2009-2010 season.

All members of the 3000 shot club will receive a specially designed t-shirt, and will be recognized at the HGBA opening night and at the halftime of a Hopkins girls' varsity basketball game.

**To become a member of the HGBA 3000 shot club you must make and record 3000 shots during the summer of 2009, up until Labor Day.** Forms to record your shooting activity have been posted on the HGBA website in the handouts section. [WWW.HOPKINSGBA.ORG](http://WWW.HOPKINSGBA.ORG). There is also a shot chart posted on the website to help you with developing and working on a wide variety of shots in your practice routine.

It is very important that you practice with proper shooting form.

Your success at making shots is directly connected to using and developing proper form and shooting mechanics. **We have links posted on the HGBA website for online resources that can show you how to develop a consistent shot.**

You are on your honor to keep track and record your made shots. When you have completed your 3000 shots, we ask that you have one of your parents sign your shot record. Mail your signed and completed shot record – including your t-shirt size – to:

Joe Schlueter  
Attn: HGBA 3000 shot club  
10917 Oak Knoll Terrace S  
Minnetonka, MN 55305



## **Important HGBA dates:**

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Open Gyms: September 12th and 19th 10:30 – Noon

Tryout Dates: September 26th and 27th

Registration Information will be mailed in August!

More Information on HGBA website: [WWW.HOPKINSGBA.ORG](http://WWW.HOPKINSGBA.ORG)

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