

“THE BREAKFAST CLUB” SHOOTING PROGRAM

The Basic Expectations

- Every Tuesday and Thursday, the ball rack will be opened at 7:30 AM in one or both gyms
- You come in and do the following shooting progression:
 - 12 Shot Warm-up
 - Make 20 FT
 - Make 20 3's/ 15 Foot Jump Shots
 - Shoot whatever shots you want
- At 7:50, the ball rack is closed, and you have 10 minutes to socialize and get to your first period class

The Points System

- We are going to divide you up into teams of 4-6 players, making teams equal in terms of skill level and age
 - Every morning you shoot, you get 5 points
 - If everyone on your team shows up on any given morning, everyone on your team receives 5 bonus points
 - You make your 20 FT, you get 5 points
 - You make your 20 3's/ 15 Foot Jump Shots, you get 5 points
 - For every minute you finish your 3's before 7:50 (main gym clock), you get one bonus point
 - Example: Mary comes in for “Breakfast Club”. She makes 20 FT and 20 3's, and she is done at 7:40 AM. Mary's score for the day is 25 points (5 for attendance, 5 for FT's, 5 for 3's, 10 for finishing 10 minutes early)
 - If you attend an individual workout with an assistant coach (we will get these figured out and open up dates for this as we get closer to late October), you get 5 bonus points towards your individual point total, which will go towards your team score as well.
- Each week we will have an individual winner, who will receive a t-shirt, and a team winner, who will receive 10 bonus points towards the next week's point total.
- We will run “Breakfast Club” Shooting until November 11th. We will have an individual “Breakfast Club” champion and a team champion. These winners will get the following:
 - A t-shirt
 - Breakfast on Coach Plum early in the season (date TBD)
 - Excused from conditioning during the first week of practice

Outside Expectations

- If you have an academic commitment, you should obviously take care of that first
- This should be something that a lot of people should be able to make on a consistent basis. Most of you are here before the 7:30 bell, so let's get some shots up and make ourselves better!

Breakfast Club Dates

10/12	10/14	10/19	10/21	10/26	10/28
11/4	11/9	11/11			

TEAM JOHN BENDER

Dala Drowne
Morgan Therkildsen
Anna Taylor
Maelie Nelson
Lyla Pearson



TEAM CLAIRE STANDISH

Sophie Thomas
Raegan Wells
Lucie Larsen
Ella Bouwman
Sophie Weeks



TEAM ANDY CLARK

Tessa Skelton
Jenna Robinson
Samantha Thomas
Ari Nelson
Tacey Belina



TEAM BRIAN JOHNSON

Kylie Perfetti
Olivia Quinlan
Addie Benoit
Simone Bonacci
Raeann Massey



TEAM ALLISON REYNOLDS

Maddy Tinkham
Alexus Perez
Kaylee Taylor
Jovi Greiner
Axelle Bicaba



TEAM PRINCIPAL VERNON

Bria Bench
Tilden Nottlemann
Haley Conner
Izzy Greenough



TEAM CARL THE JANITOR



