

Dear Future and Current Lady Panther players,

As the 2023-2024 basketball season comes to an end, it was a season of many great accomplishments for you. The future of Salisbury High School Girls' Basketball is a BRIGHT and Exciting one!

This summer is going to be another great opportunity for you to continue to build on your many successes as well as turning weaknesses into strengths. The preparation for the 2024-2025 basketball season starts TODAY! Great teams are made from November to March, but great players are made from March to November. Each of you is challenged to shoot 10,000 shots this summer.

In order to become a member of the SHS Lady Panthers shot club, you must meet the club requirements (shown below) over the months of April, May, June, July, August and September. Record the number of shots attempted and the number of shots made. During your workouts, make sure to set aside time working specifically on shooting, focusing all your energy on that specific skill.

Club Requirements:

4th grade and below- must shoot 5,000 shots

5th- 8th grade- Must shoot 10,000 shots

Grades 9-12 Must make 10,000 shots

Students who achieve the goals will have their name on the SHS Lady Panthers Shot Club Leader Board that will be inside the SHS girls basketball locker room, a t-shirt, recognition at one of our home games and recognition on our school social media accounts as well as an article in the newspaper.

Here are some tips to help you achieve your goal of improving shooting and attaining the goal.

1. Establish a specific time to work on your goal
2. Write down your long range and daily goal
3. Plan a sequence that is logical and possible. For example, the basketball season has its first game in November and the last regular season game in February. You cannot expect to become your best by setting a plan that begins in September.

When specifically working on shooting, use the following tips to help improve your shooting.

1. Work to develop the basic shooting fundamentals
2. Start shooting in close to the basket and then progressively move out.
3. Use shots that you will take in a game.
4. Shoot off movement
5. Develop a routine that continues a variety of shots.
6. Use fakes and drives when shooting.
7. Follow all shots, never let the ball bounce twice.
8. Go full speed- no casual shooting.
9. Shoot from a variety of spots.
10. Practice shots after you are tired.
11. Incorporate free throws into your shooting.
12. Have the right mindset when practicing. Shoot with confidence, concentration and relaxation.

Email Coach Billington – cbillington@salisbury.k12.mo.us for a copy of the spreadsheet tracker. You will upload your file to me every two weeks for me to keep a leaderboard.

You can print off the spreadsheet and use it to write down your scores for the two weeks, then submit them back into the spreadsheet or email me a copy of the printed sheet. Please make sure dates are on there so we can keep track of all shots being taken.

The reason there are so many 'average' people in the world is because being 'average' is easy. Choosing the more difficult path that requires more time, sacrifice and effort. It will always make what you really want to achieve much more satisfying to get.

Thank you,

Coach Billington

cbillington@salisbury.k12.mo.us

"Championships are not won on the night of a big event, but years before by athletes who commit themselves to championship principles."