



Dear Players and Parents,

The success of your season depends on what you put into the off season. The NLGYBA will again be providing the **10,000 Shots Club** to recognize those future Lady Bulldog players who are willing to work hard during the summer to improve their skills and prepare for the next level!

Attached is a calendar, listing the months of your summer vacation. Starting on June 1st, write the number of shots you take each day in its respective square (remember to use proper form). On Saturdays, add up all of the shots you've taken, write it in the Weekly Total box and have your parent or guardian initial it. We challenge you to spend roughly 15-30 minutes (or more!) each day practicing your shooting skills. There will be nobody there to make you do these shots. Only your self-motivation, determination, and desire to improve will inspire you to accomplish them! Depending on how hard you work, you could receive the following:

5,000 Shots Completed: Engraved medal & recognition at a varsity home game!

10,000 Shots Completed: Engraved medal, personalized t-shirt & recognition at a varsity home game!

Please email nlgyba@gmail.com and let us know that you want to complete this challenge **no later than June 15th**. Once you have completed the 5,000 or 10,000 shots please email your completed form to nlgyba@gmail.com, forms must be received no later than **October 13th**. Be creative, have fun, work at game speed, and most importantly, believe in yourself, because we believe in each and every one of you!

Best of luck, NLGYBA Board
of Directors