

Columbus Cougar Shooting Stars



What is it?

Our “Shooting Stars” shot club is a program designed to help get a basketball in the hands of our up and coming Cougars and provide them with a road map and an incentive to improve their offensive skills.

Who can do it?

Any boys in kindergarten through 8th grade are eligible. The number of required shots will vary based on the age groups.

Kindergarten through 2 nd Grade	5,000 shots taken
3 rd Grade through 6 th Grade	8,000 shots taken
7 th and 8 th Grade	6,000 made shots

Instructions

- Shoot, shoot, and shoot some more. Use good form and concentrate on improving your form and consistency.
- Stick to the general shooting workout we give you. Before you should attempt a reverse left-handed lay-up you should be able to consistently make a regular left handed lay-up at full speed. Keep it simple and you’ll see more improvements.
- Make sure the shots you take are game shots at game speed. You are better off shooting 100 game speed shots than 500 half speed shots.
- Each shot count needs to be verified and initialed by an adult. Parents don’t have to stand and count every shot (although that support or help would be great), but they need to verify that the shot count matches the effort and time spent shooting.

Reward

If you meet the requirements listed you will receive a Shooting Stars t-shirt, recognition in the Stillwater County News, and you'll be recognized prior to one of our home varsity basketball games during the 2024-25 season. In addition, any 7th or 8th grader who completes the program will have the opportunity to join us for an entire game (pre-game in the locker room, starting line-ups, sit on the bench during the game, and halftime/post-game talks).

Kids

You can do these in our gym, in your backyard, or at an outside court at a school wherever you go on vacation this summer. If you shoot, it counts. Find a way, not an excuse. Have fun!

Parents

The coaches hope you'll be active in helping your child reach her goals. It's a great opportunity for you to work with your child and encourage her to put in time and expect improvement through hard work.

How to get started

There is NO cost. **All you need to do to begin is email Coach Robinson** at mrobinson@columbus.k12.mt.us with the following information:

- Parent/guardians names
- Parent/guardian cell phone number
- Child's name, grade entering next year, shirt size

Once I get the information from you as a confirmation that your daughter will be attempting to reach these goals this summer, I will make note of it, and you just use the attached sheet that has some general instructions and shooting recommendations along with a log for you to record all of the shots taken over the summer. You will hand this shot log into coach Robison at the start of next school year.

Please email or call me if you have any questions.

Michael Robinson

mrobinson@columbus.k12.mt.us

(406) 671-5343