



Raiders Elite Club (REC)



“Hard work beats talent when talent fails to work hard”

What is Raider Elite Club?

Raider Elite Club is for those students in the Medford School District that want to take their game to the next level. This club is not just about getting up shots, this club is about hard work, dedication, and discipline creating a better all around basketball player.

The Raider Elite Club will run from May 1st – October 1st.

Eligibility:

- Next year's 3rd-8th grade boys

Goals:

- 3rd - 4th Grade: 5,000 **made** shots, 250 minutes of ball handling
- 5th - 6th Grade: 7,500 **made** shots, 400 minutes of ball handling
- 7th-8th Grade: 10,000 **made** shots, 500 minutes of ball handling

Special Note: *Each participant must complete at least 15% of their overall summer total each month in May, June, July, August, and September. We want to see that players are practicing consistently.*

Reward: *Elite Club T-Shirt, Certificate, and Recognition at half-time of a Medford Raiders Varsity basketball game*

Kids– this can be a great goal for your summer and keep you working on your basketball skills.

Parents – this is a great way to get involved with your kids' basketball skill development. Get out there and shoot and practice with them to really make it fun!



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Instructions: Track the following...

Ball Handling

1. Players can do one of our provided dribbling workouts or create their own.
 - a. Ball handling drills are attached
2. Each dribbling workout should include some stationary drills and dribbling drills on the move.
3. Moves include using 1 basketball, 2 basketballs, or a basketball and a tennis ball
 - a. Pound dribble, V-dribble, Inside-Out, Crossover, Through the legs, Behind the Back
4. Players **track and record the number of minutes** each day that they work specifically on ball handling using their tracking sheet.

Shooting

1. Shoot as many days as you can during the months of May through September.
2. The first 50-100 shots of a workout should work on perfect form.
 - a. Load, Snap, Sweep, Follow Through
3. After shooting form shots, shoot at game speed with correct form.
4. Shoot from a variety of different spots.
5. Shoot off the dribble or spin the ball out and shoot off the catch.
6. Free throws count too!
7. **Record the number of shots you MAKE each day.**

Final Step

1. **Complete the tracking spreadsheet and email or hand in to Mr. Brown**
 - a. Brownry@medford.k12.wi.us
 - b. **Send completed and parent signed tracking sheet to Coach Brown before November 1st** to receive your FREE shirt and certificate.

****Investing your time and energy on practicing the sport of basketball will make you a better basketball player and also earn you some Raiders Elite gear for FREE!**



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Elite Club Commitment



May 1st - October 1st

Name: _____

Grade Next Year: 3 4 5 6 7 8

Parent(s): _____

Phone: _____

Parent Email: _____

Circle your t-shirt Size:

YM YL S M L XL

I, _____ (player name), plan to work my hardest to achieve my goal for shots made and minutes ball handling. I will do my best each day to become the best player that I can be.

Player Signature: _____

Please hand in to Coach Brown before beginning the program.