PENFIELD
BASKETBALL

- 100 HOUR CLUB -

[GRADES 1 - 5]

"NO DEPOSIT...
... NO RETURN"

PENFIELD BASKETBALL "100 HOUR CLUB"

NO DEPOSIT, NO RETURN

Here's a reminder that no one has yet found a way to get something for nothing. All worthwhile goals come at a price, and the coins with which we pay are concentration, persistence, and desire.

It is often said that teams are made during the "in" season while players are made in the "off" season. It is with this premise that we have the Penfield Basketball 100-Hour Club. The goal of the 100-Hour Club is for players to document over 100 hours of basketball-related activities during the off-season. Players will set individual offseason goals, will be given a calendar, and will monitor their basketball-related activities on the calendar. The 100 club hours will start on June 1st. Players will turn this into Coach Ellis by November 1st. All players who have earned over 100 Hours will receive a t-shirt andberecognized before a varsity basketball game. Players who reach the 400 Hour and 500 Hour Club will receive a t-shirt and other awards.

PLAYERS CAN EARN HOURS IN THE FOLLOWING WAYS:

- 10 hours for playing in a fall or spring sport (Submit roster)
- 5 hours (max) positive referral from ADMIN or TEACHER in the Fall of 23' (Submit via e-mail to Coach Ellis)
- l hour for every hour spent in the weight room or at a **HARDWOODSS** session
    - Credit Only given to workouts recorded in book.
    - Weight room sessions can be recorded and added to book – must have workout log to count hours (see examples).
- l hour for every hour of basketball you practice or play (Includes: camps, summer leagues, shooting in the driveway, etc.)
- Up to 20 hours of service work will count toward the 100-hour club.
- Bonus Hours:
    - l Bonus hour for every 250 Free Throws that you **shoot.**
      (Results must be tracked in a spread sheet. See examples)
    - l Bonus hour if you complete an entire perimeter or post-workout plan
        - Credit Only given to workouts recorded in book (see examples).

PENFIELD BASKETBALL
OFF-SEASON GOAL SETTING

100 HOUR CLUB: *"NO DEPOSIT, NO RETURN"*

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Name: _____ **Grade next year:**_____

Today's Date: _____

What are my off-season basketball goals?

What is my detailed plan and the daily habits I will use to reach these goals?

Reflection in October: Did you achieve your off-season goals? Why or why not?

PENFIELD BASKETBALL CALENDAR

100 HOUR CLUB: *"NO DEPOSIT, NO RETURN"*

* Print out a blank calendar from June - October 31 of the calendar year. Write your detailed daily log of activities on each calendar day.

For example:

June 15, 2022

Weightroom from 6:30 - 8:00 am (1.5 Hours)
(See Weightroom section for workout results)

Open gym from 10:00-11:00 am (1 Hour)

Shot 250 free throws in the driveway from 1:00-2:00 pm (1 Hour + *1 Bonus* Hour) [FT Session results in FT Section]

Summer League Games from 6:00-8:00 pm (2 Hours)

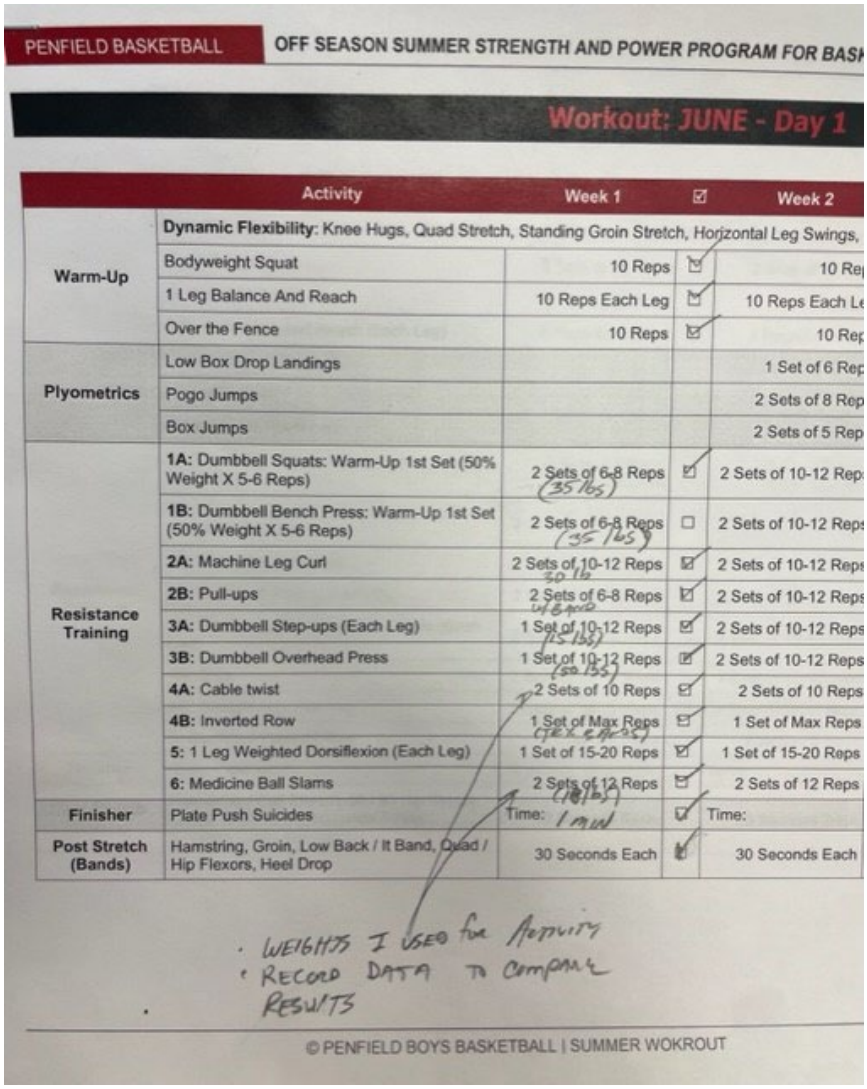
Total Hours: **6.5 *Hours.***

*

Put your total hours for the month on the top of each page.

PENFIELD BASKETBALL
HOW TO RECORD SESSIONS

Example of a workout log that counts for hours:



PENFIELD BASKETBALL — OFF SEASON SUMMER STRENGTH AND POWER PROGRAM FOR BASK

Workout: JUNE - Day 1

	Activity	Week 1	☑	Week 2
Warm-Up	**Dynamic Flexibility:** Knee Hugs, Quad Stretch, Standing Groin Stretch, Horizontal Leg Swings,			
	Bodyweight Squat	10 Reps	☑	10 Re
	1 Leg Balance And Reach	10 Reps Each Leg	☑	10 Reps Each Le
	Over the Fence	10 Reps	☑	10 Rep
Plyometrics	Low Box Drop Landings			1 Set of 6 Rep
	Pogo Jumps			2 Sets of 8 Rep
	Box Jumps			2 Sets of 5 Rep
Resistance Training	**1A:** Dumbbell Squats: Warm-Up 1st Set (50% Weight X 5-6 Reps)	2 Sets of 6-8 Reps (35 lbs)	☑	2 Sets of 10-12 Reps
	1B: Dumbbell Bench Press: Warm-Up 1st Set (50% Weight X 5-6 Reps)	2 Sets of 6-8 Reps (35 lbs)	☐	2 Sets of 10-12 Reps
	2A: Machine Leg Curl	2 Sets of 10-12 Reps 30 lb	☑	2 Sets of 10-12 Reps
	2B: Pull-ups	2 Sets of 6-8 Reps w/ band	☑	2 Sets of 10-12 Reps
	3A: Dumbbell Step-ups (Each Leg)	1 Set of 10-12 Reps (15 lbs)	☑	2 Sets of 10-12 Reps
	3B: Dumbbell Overhead Press	1 Set of 10-12 Reps (50 lbs)	☑	2 Sets of 10-12 Reps
	4A: Cable twist	2 Sets of 10 Reps	☑	2 Sets of 10 Reps
	4B: Inverted Row	1 Set of Max Reps (TRX Bars)	☑	1 Set of Max Reps
	5: 1 Leg Weighted Dorsiflexion (Each Leg)	1 Set of 15-20 Reps	☑	1 Set of 15-20 Reps
	6: Medicine Ball Slams	2 Sets of 12 Reps (10 lbs)	☑	2 Sets of 12 Reps
Finisher	Plate Push Suicides	Time: 1 min	☑	Time:
Post Stretch (Bands)	Hamstring, Groin, Low Back / It Band, Quad / Hip Flexors, Heel Drop	30 Seconds Each	☑	30 Seconds Each

· WEIGHTS I USED for ACTIVITY
· RECORD DATA TO COMPARE RESULTS

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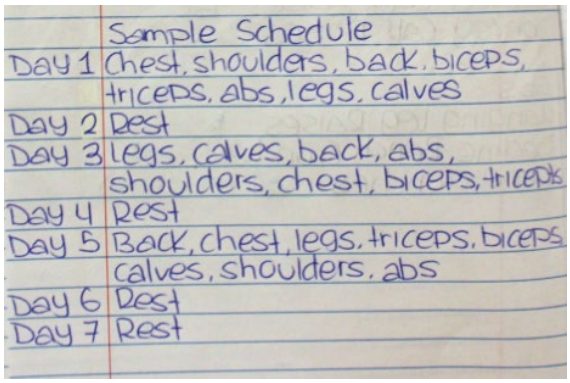
Example of a FT log that counts for BONUS hours:

June 21: 7 – 8pm **250 Driveway FT's**

10/10
8/10
9/10
10/10
9/10
6/10 (Sun In eyes)
10/10
8/10
9/10
10/10
10/10
8/10
9/10
10/10
9/10
9/10
10/10
8/10
9/10
10/10
8/10
9/10
8/10 (Missed 1st 2 – tired)
9/10 (Missed last one – tired)
9/10 (Missed 1st one – tired)

Example of a Log that does not count for hours:



	Sample Schedule
Day 1	Chest, shoulders, back, biceps, triceps, abs, legs, calves
Day 2	Rest
Day 3	legs, calves, back, abs, shoulders, chest, biceps, triceps
Day 4	Rest
Day 5	Back, chest, legs, triceps, biceps calves, shoulders, abs
Day 6	Rest
Day 7	Rest

Example of a FT Log that does not count for hours:

Shot 250 FT in driveway – June 21: 7 – 8pm

PENFIELD BASKETBALL
SUMMARY OF HOURS

100 HOUR CLUB: *"NO DEPOSIT, NO RETURN"*

June Hours: _____

July Hours: _____

August Hours: _____

September Hours: _____

October Hours: _____

Total Hours: _____

Total Weightroom Hours: _____

Total Basketball Hours: _____

Total Fall/Spring Sports Hours: _____

Total Service Hours (20 max): _____

Total Positive Referral Hours: _____

Total Bonus Hours: _____

Player Signature: _____

Parent Signature: _____