



**- 300 HOUR CLUB -**  
**[GRADES 9 - 12]**

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

# PENFIELD BASKETBALL "300 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 300-Hour Club. The goal of the 300-Hour Club is for players to document over 300 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 300 club hours will start on June 1st. Players will turn this into Coach Ellis by November 1<sup>st</sup>. All players who have earned over 300 Hours will receive a t-shirt and be recognized 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:**

- 50 hours for playing in a fall or springsport (Submit roster)
- 10 hours each for making the honor roll in the Fall of 23' (Submit Q1 GPA)
- 1 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).
- 1 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 300-hour club.
- Bonus Hours:
  - o 1 Bonus hour for every 250 Free Throws that you **shoot**.  
(Results must be tracked in a spread sheet. See examples)
  - o 1 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

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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 BASKET BALL CALENDAR

## 300 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:

<p><i>June 15, 2022</i></p> <p><i>Weightroom from 6:30 - 8:00 am (1.5 Hours)</i> <i>(See Weightroom section for workout results)</i></p> <p><i>Open gym from 10:00-11:00 am (1 Hour)</i></p> <p><i>Shot 250 free throws in the driveway from 1:00-2:00 pm</i> <i>(1 Hour + 1 Bonus Hour) [FT Session results in FT Section]</i></p> <p><i>Summer League Games from 6:00-8:00 pm (2 Hours)</i></p> <p><i>Total Hours: 6.5 Hours.</i></p>
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Put your total hours for the month on the top of each page.

# PENFIELD BASKET BALL

## HOW TO RECORD SESSIONS

Example of a workout log that counts for hours:

Example of a FT log that counts for BONUS hours:

PENFIELD BASKETBALL OFF SEASON SUMMER STRENGTH AND POWER PROGRAM FOR BASH

Workout: JUNE - Day 1

Activity	Week 1	Week 2
<b>Warm-Up</b>		
Dynamic Flexibility: Knee Hugs, Quad Stretch, Standing Groin Stretch, Horizontal Leg Swings,		
Bodyweight Squat	10 Reps	10 Reps
1 Leg Balance And Reach	10 Reps Each Leg	10 Reps Each Leg
Over the Fence	10 Reps	10 Reps
<b>Plyometrics</b>		
Low Box Drop Landings		1 Set of 6 Reps
Pogo Jumps		2 Sets of 8 Reps
Box Jumps		2 Sets of 5 Reps
<b>Resistance Training</b>		
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 50 lbs	2 Sets of 10-12 Reps
2B: Pull-ups	2 Sets of 6-8 Reps up to 40 lbs	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 (20 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 (15 lbs)	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
<b>Finisher</b>		
Plate Push Suicides	Time: 1 min	Time:
<b>Post Stretch (Bands)</b>		
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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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  
10/10  
8/10  
9/10  
10/10  
8/10  
9/10  
8/10 (Missed 1<sup>st</sup> 2 – tired)  
9/10 (Missed last one – tired)  
9/10 (Missed 1<sup>st</sup> one – tired)

Example of a Log that does not count for hours:

Example of a FT 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

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

# PENFIELD BASKETBALL

## SUMMARY OF HOURS

**300 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 Honor Roll Hours: \_\_\_\_\_

Total Bonus Hours: \_\_\_\_\_

Player Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_