



# TRF PROWLERS 10K SHOT CHALLENGE 2026



NAME: \_\_\_\_\_

SHIRT SIZE: \_\_\_\_\_

**SPONSORED BY TRF BACKCOURT CLUB**

WEEK #	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	PARENTS INITIALS	TOTAL FOR THE WEEK	SKILLS (3X/WEEK)		
										1	2	3
WEEK 1 (MAY 25TH)												
WEEK 2												
WEEK 3												
WEEK 4												
WEEK 5												
WEEK 6												
WEEK 7												
WEEK 8												
WEEK 9												
WEEK 10												
WEEK 11												
WEEK 12												
WEEK 13												
WEEK 14												
WEEK 15												

### PLEASE READ BELOW:

- 1 Fill in how many shots were each that day. Please have your parent/guardian initial each week that was completed.
- 2 Take a picture of the completed sheet and send to via remind (@trf10k26) by Sept. 12
- 3 There will Plaques and T-shirts awarded to the kids who complete 5K and 10K shot attempts. We will also have an award for kids who complete the Skills challenge. These will be presented at a Prowler Home Basketball to recognize their hard work.
- 4 Put an X in each box each day you complete the Skills video that will be sent each week via remind.

## TOTAL SHOTS

