

5K/10K Shot Challenge Tracking Form 2026 Summer



Player Name:

'26-'27 Grade:

Phone #

Email:

TOTAL SHOTS:

Cheat sheet to estimate your shots. 50 shots for 20 minutes of shooting by yourself • 150 shots for 1 day at a regular basketball camp • 250 shots for 1 day at a shooting camp

Please return your completed shot tracking form to RBA by October 5, 2026.

JUNE		JULY		AUGUST		SEPTEMBER	
Date/Shots Taken	Date/Shots Taken	Date/Shots Taken	Date/Shots Taken	Date/Shots Taken	Date/Shots Taken	Date/Shots Taken	Date/Shots Taken
1	28	1	28	1	28	1	28
2	29	2	29	2	29	2	29
3	30	3	30	3	30	3	30
4	TOTAL	4	31	4	31	4	TOTAL
5	:	5	TOTAL	5	TOTAL	5	:
6		6	:	6	:	6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
13		13		13		13	
14		14		14		14	
15		15		15		15	
16		16		16		16	
17		17		17		17	
18		18		18		18	
19		19		19		19	
20		20		20		20	
21		21		21		21	
22		22		22		22	
23		23		23		23	
24		24		24		24	
25		25		25		25	