

GOOD - BETTER - BEST

BASKETBALL CLUB

"Good, Better, Best, Never Let it Rest, Until Your Good is Your Better, And Your Better is Your Best!"

-Tim Duncan

The Good, Better, Best Club is about logging in hours on the court while working on all aspects of your game. If you sign up you will be added into our system where we can keep track of how many hours per day you work on your game (rounded up or down to the nearest half hour). We will have milestones you can reach to help give you that little extra push. When you have reached certain milestones, you will be rewarded. The ultimate goal is to reach 1000 hours in one year!! Do you think you are capable of being a gym rat day in and day out? Lets break this down. 1000 hours is equal to 41 days and 16 hours, 60,000 minutes, or 3,600,000 seconds. It could be the difference between you being cut or making your school team next year, being a starter or a bench player, raising your free throw %, becoming a better shooter or ball handler, or even possibly a college scholarship. The real question is how bad do you want it? When you sign up we will take your name, age, grade level (if applicable), and your end goal you would like to achieve. It could be to make your varsity team or it could be just to have fun and say you did it. Regardless we want to know. We will also help you keep track! We will make sure you do not cut yourself short or add a little extra on top by one of our staff members signing you in and out each time you come in for a basketball workout (signing in and out is half the battle, if you forget to sign in or out that day will not count. NO EXCEPTIONS)! What is that you ask, do weight lifting workouts count towards your basketball hours? Of course they do! Becoming a bigger, better, stronger you is all part of becoming the best ball player you can be! I (Coach Jason) will personally add up all of your hours every Friday and post them in the gym visible for everyone to see (for those super competitive people to see who will be the first one to reach 1000 hours). So I ask, who thinks they have what it takes to join and complete the Good Better Best Club?

There will be prizes for each milestone you hit

- 1. Reach 24 Hours**
- 2. Reach 120 Hours**
- 3. Reach 250 Hours**
- 4. Reach 500 Hours**
- 5. Reach 750 Hours**
- 6. Reach 1000 Hours!**

SIGN UP AT FRONT DESK