

# Y BASKETBALL™

We build strong kids, strong families, strong communities.

## hot shot contest

### All Star Game & Skills Competitions

#### CONTESTS

*All contestants should arrive at the YMCA ready to begin competition at 9 a.m.*

**Hot Shot Contest:**

Player has 30 seconds to shoot lay-ups, free throws, and three-pointers. Lay-ups count one point, free throws are two points, and three-pointers count three. Highest score wins.

**Free Throw:**

Player shoots for the most made out of 10 free throws. Ties are one shot, sudden death.

**Dribbling:**

**Player dribbles through cones for the fastest time.**

**Shuttle Run:**

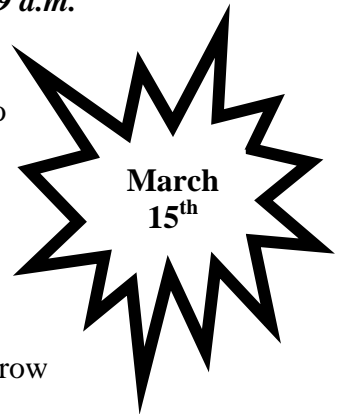
Player runs "the lines" - just like the high school and college athletes run.

**Knock Out:**

Players line up behind each other at the 3-point line (free throw line for 1st - 2nd Grades). Each player takes his/her turn, attempting to make a shot. After the first long shot, the player can then shoot any shot, including a lay-up. If the player behind makes the shot first, the player in front is "knocked out" of the competition.

**Entry Fees:**

\$2 YMCA Members - \$4 Non-Members.



#### ALL-STAR GAMES

There will be two games in each age division. Players are chosen for these games from our league games and do not have to pay to play in the All-Star Games. They will pay to participate in the Skills Competitions. The games will be in the late morning-early afternoon.

**Divisions:**

*1st - 2nd Grades, 3rd - 4th Grades, 5th - 6th Grades*

**Questions:**

Please contact Sports Director Jackie Regan at (620) 275-1199 or [gckymca.sports@gmail.com](mailto:gckymca.sports@gmail.com) for more information.

---

#### 2008 SKILLS COMPETITIONS REGISTRATION FORM

NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_

D.O.B. \_\_\_\_\_ HOME # \_\_\_\_\_ GRADE \_\_\_\_\_ AGE \_\_\_\_\_

FATHER \_\_\_\_\_ D.O.B. \_\_\_\_\_ PHONE # \_\_\_\_\_

MOTHER \_\_\_\_\_ D.O.B. \_\_\_\_\_ PHONE # \_\_\_\_\_

**Office Use Only**

Staff Initials \_\_\_\_\_ Director Please Call \_\_\_\_\_