

# Omaha Elks Lodge #39



## ***HOOP SHOOT CONTEST***

Location: Ralston Middle School  
8202 Lakeview Street, Ralston, NE

October 14<sup>th</sup>, 1 pm to 4 pm

**HOOP SHOOT** contest is broken into age groups (8-13) and gender. Winner in each category is best of 25 free throw attempts.

**DIRECTOR:** Kevin Guthrie. **EMAIL:** [HOOPSHOOT39@GMAIL.COM](mailto:HOOPSHOOT39@GMAIL.COM)

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### Tip: BEEF

**BALANCE:** Shooter's dominant foot slightly in front of the other foot.

**ELBOW:** Directly above dominant knee at 90 degrees and elevated above shoulder.

**EYES:** Focused on one target (spot), either the front or back of the rim. Always use that same spot.

**FOLLOW THROUGH:** As the ball rolls off your fingers, finish with your wrist down as if you were reaching for cookies in the jar on a high shelf.

