



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Cooks Choice	Cooks Choice	Cooks Choice		

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Cooks Choice	Cooks Choice	Cooks Choice		

Happening this week at PHS

Saturday, May 17th– JH State Track Meet @ Gothenburg 11:00 am

Monday, May 19th– Golf Districts @ Crooked Creek 9:00 am
Van leaves @ 7:30 am, FFA Horse Judging @ Norfolk 10:00 am
Van leaves @ 5:45 am, 5th Grade Graduation PHS West Gym
2:00 pm, HS Girls Basketball meeting (grades 8-11) 3:25 pm

Tuesday, May 20th– Last day of school at Bennet Elementary

Wednesday, May 21st– Last day of school @ PHS 1:00 Dismissal

Thursday, May 22nd– Teacher's In-service

Friday, May 23rd– HS School State Track @ Omaha Burke HS
TBD

Saturday, May 24th– HS School State Track @ Omaha Burke
HS TBD

Tuesday, May 27th– Boys State Golf TBD, Girls Basketball
Team Camp @ PHS West Gym 9:00 am

Wednesday, May 28th– Boys State Golf TBD, Girls Basketball
Team Camp @ PHS West Gym 9:00 am

Thursday, May 29th– Girls Basketball Team Camp @ PHS West
Gym 9:00 am, Summer Weights Begins

Friday, May 30th– Girls Basketball Team Camp @ PHS West
Gym 9:00 am, PHS Alumni Golf Tournament @ Hidden Valley
9:00 am

Bennet Elementary - District OR-1

(402) 782-3535 50 Dogwood St, Bennet, NE 68317 ostrander.mel@districtor1.net



Newsletter - May 16th, 2025

Arrival 7:55-8:25

Dismissal 3:20

Early Dismissal Days 1:00

Principal's Update

Last Day of School

Our last day of school will be on Tuesday, May 20th. This will be a full day, with a normal dismissal time at 3:20.

Fifth Grade Graduation

Fifth grade parents and families are invited to attend the fifth grade graduation ceremony at Palmyra High School on Monday, May 19th at 2:00. Please let your child's teacher know if they are going home with you or utilizing district transportation.

2025-2026 Supply Request Lists

While there's still plenty of time before the new school year begins, we know some families like to get a jump on back-to-school prep. If that's you, we've got you covered! We have sent a printed copy home with your child for easy reference and have a digital link you can reference any time throughout the summer! [Here is the link to the 2025–2026 supply lists for grades K–5.](#)

REC and Lunch Balances

As we approach the end of the school year, we kindly ask that you check your child's lunch account and take care of any negative balances. Shonna is also trying to clear out balances for REC for this school year. If you have any questions or need help accessing your account, please don't hesitate to reach out. These balances need to be paid in full by Friday, May 23rd.

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Lost and Found

Our Lost and Found is overflowing! We'll be clearing it out over the summer, so please make sure to check for any missing items before the last week of school. All unclaimed items will be donated after that time. Thanks for your help!

Upcoming Events

- May 19th- Fifth Grade Graduation- 2:00-3:00 @ Palmyra High School
- **May 20th- Last Day of Elementary School (Full Day - 3:20 Dismissal)**
- June 9th-June 26th- Summer Enrichment (Monday-Thursday, 9-12)
- [25-26 District Calendar](#)



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[Student Directory Link](#)

Arrival and Dismissal Procedures

A few reminders that I would like to share to help everyone get in and out quickly:

- Please have students enter and exit your vehicle on the passenger side of your vehicle. The drop off lane is extremely effective and the safety of your student is our top priority. By doing this, we can ensure that students are not in zones of traffic and are not in harm's way.
- If you are using the parent drop/pick up lanes, please stay in your vehicles. If you would like to park and walk up, please utilize the parking spaces in the interior of the parent pickup/dropoff lane.
- In the afternoon **only**, Kindergarten parents may utilize the bus drop off lane for pickup for Kindergarten students and older siblings. Grades 1-5 will continue to use the primary pickup/dropoff lane. Teachers have now been assigned zones to help aid in the location of your students to help you get in and out quickly.
- For preschool students, we have begun a student drop-off zone similar to the primary drop-off lane. If you would like to stay in your vehicle, a staff member will assist with getting your student out of the vehicle.

Arrival Times

Students that are participating in the Rec program can be dropped off starting at 7:00. All other students can arrive no earlier than 7:50 unless they are utilizing school busing or the Rec Program. School starts at 8:20 and the tardy bell rings at 8:30. Breakfast begins at 7:50 and ends at 8:20.

PowerSchool

Please check PowerSchool to view grades, missing assignments, and lunch balances. If you need to set up your account, please call Melissa in the office.

District Calendar

[24-25 District Calendar](#)

[25-26 District Calendar](#)

Transportation:

If you have any questions regarding bussing, please contact Cathy Fick at 402-540-2879.

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Bennet Elementary School Counseling Program



Bennet Elementary Student Council has been busy this year with fun activities while making a difference in our local communities. Below you will see a photo from the Bennet Caring Project where our student council members helped to raise \$676 for a local NICU. They were very excited to have this opportunity and did a great job of facilitating this fundraising event. We are grateful for all of your generous donations!

They also were able to help with the recent Janet's Jungle fundraiser. These amazing students jumped into action to help carry plants into the gym and get everything setup so families could quickly find their orders.

We are so thankful for the leadership that this years' student council members, and all of our wonderful 5th graders, have brought to our school community!



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Bennet Elementary School Counseling Program



Austin Lahmon
School Counselor
Bennet Elementary
lahmon.aus@districtor1.net

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Our TeamMates chapter has a partnership with Linked2literacy where mentors read with their mentees in grades 3 to 5 to help increase literacy in youth. Books are available to students in a vending machine at the Elementary school as illustrated in the photo to the right.

One way you can help us keep the book vending machine full is through the Lincoln Community Foundation program-Give to Lincoln Day (GTLD), which is available through the month of May. Over 400 nonprofits in Lancaster County are registered with GTLD. Every donation through GTLD is boosted with a share of \$650,000 matching funds through the Lincoln Community Foundation and funds provided by West Gate Bank and many other sponsors.

Donation Options should you wish to do so:

Online gifts by credit card can be directed to our TeamMates chapter from May 1 to 29 by scanning the QR code to the right.

Checks can be mailed by May 22 to the following address: (Please indicate TeamMates Bennet Elementary on the check memo line.)

Lincoln Community Foundation
215 Centennial Mall, Ste 100
Lincoln, NE 68508

<https://givetolincoln.com/nonprofits/teammates-mentoring-program-bennet-elementary-school>

Thank you for your support of our TeamMates Chapter

Austin Lahmon
School Counselor
Bennet Elementary
lahmon.aus@districtor1.net



Interested in getting involved with TeamMates?

We are always looking for mentors! Just 20-30 minutes a week is all it takes to make a difference in the lives of our youth. We know life happens and every week isn't always possible. Just doing the best you can to be there for youth in our community is what matters!

We also have an exciting opportunity for new board members to join or local chapters TeamMates board and help continue to drive the future of our chapter. If you are interested in serving on our board that meets a few times a year, please reach out!

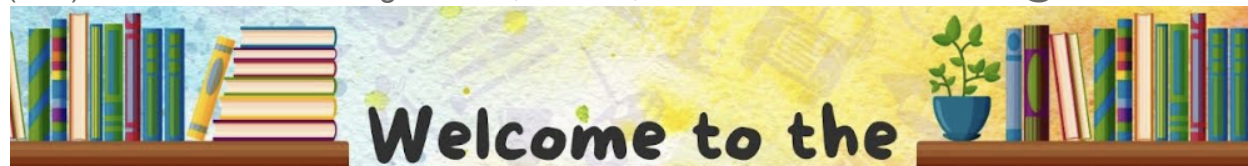
If you are interested in either of these opportunities, please contact Austin Lahmon at Bennet Elementary.

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Welcome to the

PALMYRA MEMORIAL LIBRARY

Summer Programs 2025

Contact 402-890-0964 Lucinda's cell
PalmyraMemorialLibrary@gmail.com
525 Illinois Pl, Palmyra

Open hours 2-8
Sun, Mon and Tues

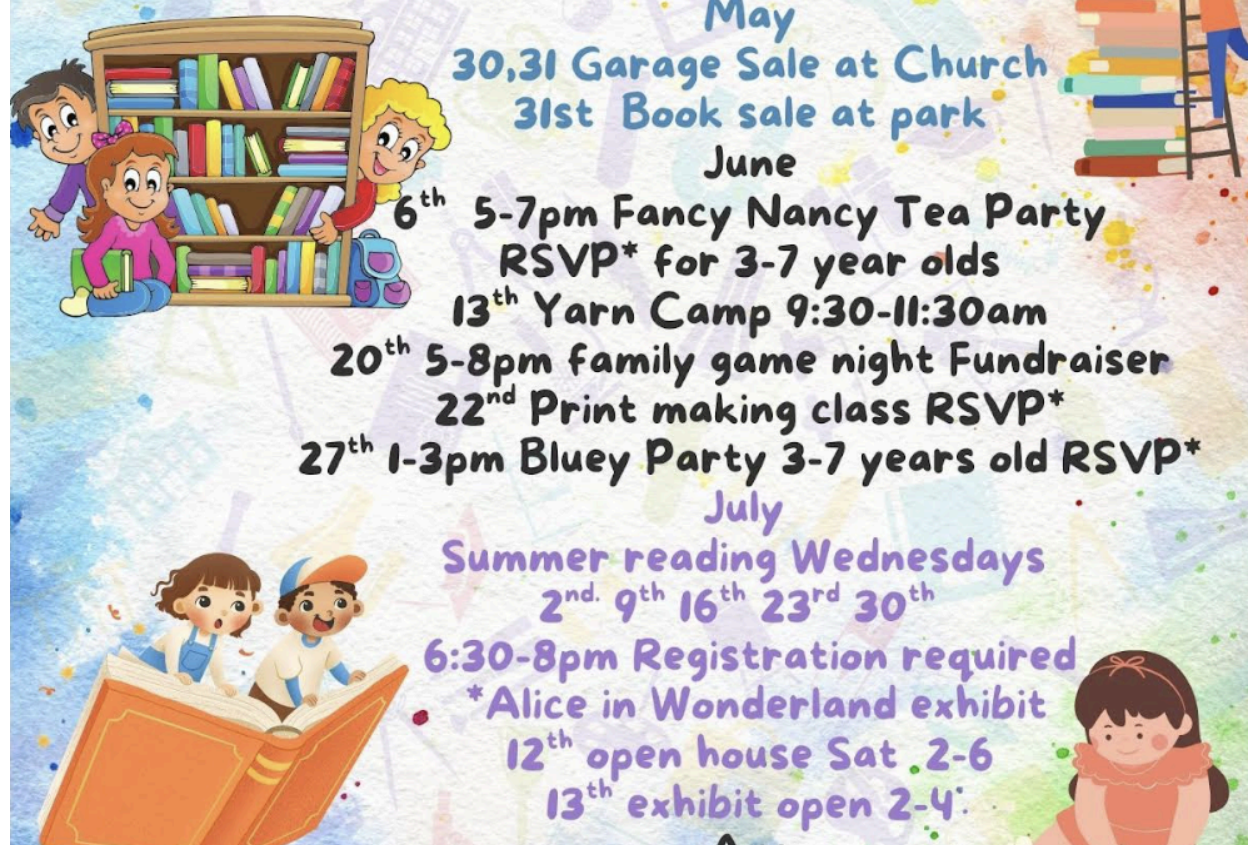
May
30,31 Garage Sale at Church
31st Book sale at park

June
6th 5-7pm Fancy Nancy Tea Party
RSVP* for 3-7 year olds
13th Yarn Camp 9:30-11:30am
20th 5-8pm family game night Fundraiser
22nd Print making class RSVP*
27th 1-3pm Bluey Party 3-7 years old RSVP*

July
Summer reading Wednesdays
2nd. 9th 16th 23rd 30th
6:30-8pm Registration required
*Alice in Wonderland exhibit
12th open house Sat 2-6
13th exhibit open 2-4

Aug
6th Back to school Blanket BINGO Fundraiser

All events will be advertised on our Facebook and
Instagram pages with more information
Library is free to everyone!



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Palmyra Memorial Library 2025

Summer Reading

Let a book color your world



Children ages four through eleven are welcome to register. Registration begins May 1st and runs through June 30th. You may attend all five sessions or check the session(s) that best fit your schedule. We will meet 6:30-8:00 PM for each session. Check in at the library, except for the July 9th Dress for the mess we will meet at the park, and July 16th magic show we will meet at the community center. A waiver must be signed for each child.



We have listed the dates and sessions below. Registration can be completed by bringing this form to the library, calling the library at 402-780-5344, calling Lucinda's Cell 402-890-0964, by emailing the library at Palmyramemoriallibrary@gmail.com or by sending in Facebook messenger. *Registration is required so that we can plan for each event. We have fun-filled activities and presenters for each night.

____ July 2 – Pop of color! Check in at the library

____ July 9 – Dress for the mess! (Old clothes) We will meet at the park check and in and out at the west covered picnic area

____ July 16 – Colorful magic with Jeff Quinn– We will meet at the activities center downtown

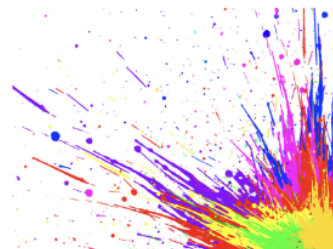
____ July 23– Live action Color! (Color competitions) Check in at the library

____ July 30 – Blast of color! final party Check in at the library

Regular Library Hours: Sunday, Monday, and Tuesday 2:00-8:00 P.M.

*Save this portion for your records ^^

Return this section vv



We will attend: ____ July 2nd, ____ July 9th, ____ July 16th, ____ July 23rd, ____ July 30th

Summer reading will meet from 6:30-8:00 P.M.

Registration is required so that we can plan for each event. Please list all children from your family that will be attending

Parent's Name _____ Phone # _____

E-Mail Address _____

Child's Name _____ Age _____

Child's Name _____ Age _____

Child's Name _____ Age _____

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ostrander.mel@districtor1.net



Parent Ambassador Program

presented by Bennet Elementary Boosters

Calling all Parent Volunteers!

Are you looking for a way to become more involved? Meet new parents? Help out our amazing teachers? Then we have an awesome opportunity for you!

Bennet Boosters is excited to announce the "Parent Ambassador Program" for the 2025-2026 school year. We are looking for 1-2 Parent Ambassadors for each classroom.

What are the primary duties as a parent ambassador?

1. Plan classroom holiday parties (Halloween, Christmas and Valentine's Day)

- Ambassadors will plan 2-3 age-appropriate activities (example: 1 game, 1 craft, 1 snack)
- Ambassadors will coordinate 2-3 parent volunteers to attend the party and assist with activity and handing out snacks.
- Ambassadors will request donations from classroom parents via Signup Genius for snack. Can also request donations for craft/game if needed.
- Goal is for the classroom teacher to focus on enjoying the day with the students and the Ambassadors (with assigned parent volunteers) to coordinate and manage the party.

2. Yearbook Photo Collection

- Send reminders to classroom teacher to upload photos to Google Drive Yearbook Folder throughout the year after events (ex: Halloween parade, holiday parties, field trip).
- Take photos at events where you are in attendance and upload to Google Drive Yearbook Folder

3. Other Duties

- Ambassador will work with the classroom teacher to determine any extra needs there may be for that year. This may vary teacher to teacher and grade level to grade level.

FAQ:

• How are Parent Ambassadors Chosen?

- Scan the QR code below to fill out the application form. Please indicate all classrooms you are available to help with. You will only be assigned to one classroom. We will choose randomly if we have more than 2 parents express interest for one classroom.
- Ambassadors will be chosen by the end of August. There will be an Ambassador Welcome Meeting held in early September to review goals of the program and answer questions.

• How will the Ambassador communicate with classroom parents?

- Ambassador will post on classroom band app when looking for volunteers and/or donations. Encourage use of Signup Genius for ease of communication.

• Do you, as Parent Ambassador, need to personally provide any supplies for the holiday parties?

- Ambassador will use Signup Genius to make donation requests for snacks, holiday craft supplies, etc.

• Do you, as Parent Ambassador, need to be present at each of the 3 holiday parties?

- No! We encourage Ambassadors to work with your classroom parents to identify other parents interested in helping with volunteering duties. This role is not designed to be a big time commitment- it is designed for both working and stay-at-home parents!

• Do you, as a Parent Ambassador, need to be a member of the Bennet Boosters?

- No! You do not need to be a member of the Bennet Boosters.

• Questions?

- Please reach out to Kayla Bruss 402-440-8895 (Ambassadors Coordinator)
or Megan Jensen 402-380-4016 (Boosters President)



Scan here to
sign up!

CLICK HERE TO SIGN UP

[Here is the link for Parent Ambassador Program](#)

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ostrander.mel@districtor1.net



Summer Fun Punches

SUMMER FUN PUNCHES

Each child needs their own pass.
Punches are valued at over \$100.

KFOR/KFRX Summer Fun Passes are available
for \$5 each through the Bennet Boosters. 100%
of the proceeds goes back to the Boosters.

**CLICK HERE
TO ORDER**



Bennet Elementary - District OR-1

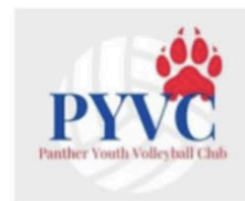
(402) 782-3535

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ostrander.mel@districtor1.net



Panther Youth Basketball & Volleyball Open Gym Schedule June 2025 6:00-8:00PM



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 Bennet: BB grades 1-8 (Paul C/John W) PHS East: VB grades 5-8 (Erin)	3 Bennet: BB grades 1-4 (John W) PHS East: BB grades 5-8 (Shane)	4 Bennet: BB grades 3-5 (Asha) PHS East: BB grades 6-8 (Shane)	5 Bennet: BB grades 1-8 (Brandon D) PHS East: VB grades 5-8 (Marissa)
9 Bennet: BB grades 1-8 (Paul C/John W) PHS East: VB grades 5-8 (Erin)	10 Bennet: BB grades 1-4 (John W) PHS East: BB grades 5-8 ()	11 Bennet: BB grades 3-5 (Asha) PHS East: BB grades 6-8 ()	12 Bennet: BB grades 1-8 (Brandon D) PHS East: VB grades 5-8 (Marissa)
16 Bennet: BB grades 1-8 (Charlie) PHS East: VB grades 5-8 (Erin)	17 Bennet: BB grades 1-4 (Liz) PHS East: BB grades 5-8 (Shane)	18 Bennet: BB grades 3-5 (Asha) PHS East: BB grades 6-8 (Shane)	19 Bennet: BB grades 1-8 (Brandon D) PHS East: VB grades 5-8 (Marissa)
23 Bennet: BB grades 1-8 (Charlie) PHS East: VB grades 5-8 (Erin)	24 Bennet: BB grades 1-4 (Liz) PHS East: BB grades 5-8 (Shane)	25 Bennet: BB grades 3-5 (Asha) PHS East: BB grades 6-8 (Shane)	26 Bennet: BB grades 1-8 (Brandon D) PHS East: VB grades 5-8 (Megan)
30 Bennet: BB grades 1-8 (Charlie) PHS East: VB grades 5-8 (Erin)			

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PANTHER YOUTH BASKETBALL

P.O. Box 321

Bennet, NE 68317

pantheryouthbasketball@gmail.com

PANTHER YOUTH BASKETBALL 5,000 SHOT CLUB

Because Champions are made in the summer – and great shooters shoot all the time! Building the correct habits through repetition and practice will foster muscle memory in your shooting form – and that proper form will take over when you are in the game!

The Panther Youth Shot Club is a summer program designed to challenge our 3rd–8th grade players to practice excellent shooting and the goal is to record 5,000 or more shots during the summer.

Outline

Sign up: Are you participating? Then you need to let Coach Maibaum and Coach Kempkes know!

Email: Coach Maibaum (maibaum.bra@districtor1.net) for the girls, or Coach Kempkes (kempkes.kal@districtor1.net) for the boys. Monthly shot submissions will be requested via email. Reminders will be on Facebook.

Dates: June 1–September 30. All tracking documents are due by October 10th, 2025. No late submissions will be accepted.

FAQs

What are game shots? Game shots are different for every player. To be successful, you should start in close to the basket working on proper form for a warm up. Once you have established your range (distance from the basket where you can shoot the ball with proper form) you are ready. But remember – any shot you shoot, whether it's while warming up or playing pick up ball, counts toward those shot totals. Note: only game shots count (underhand and half-court baseball shots are examples of shots that do NOT count).

Where can I shoot? This shot club is open to any hoop where you can shoot – in the driveway, at the park, during a basketball camp, open gym, etc. 3rd Grade = 9ft hoops and 4th–8th grades = 10ft hoops.

Do free throws count? Yes! Ideally 20% of your shots will consist of free throws. When you shoot for a long period of time, you will need to rest. Free throws are a great way to rest during a workout.

Can I just guess how many shots I shoot and make? The idea behind the Shot Club is to give you, the player, the confidence and the knowledge that you deserve to win because you put in time to improve your game. You must be true to yourself and be honest about what you want to get out of doing this.

What do I get for making the club? You will successfully complete the program if you turn in all your tracking reports, making sure all shots have been verified by a parent or guardian. Players who take 5,000 shots will receive a Panther Youth Shot Club Shirt and will be recognized when we start up our basketball season next year.

Tips

Form: eyes on target, feet squared up, shot pocket (finger pads), helper hand, elbow in, gooseneck follow through

Variety of shots: layups, jump shots, drive and shoot, fake and shoot, free throws

Practice shots after you are tired: don't just quit – get a few more shots in!

Sample 100 Shot Workout

20 in front of hoop, 20 block (R/L), 20 layups (R/L), 20 free throws, 20 elbow (R/L)

Do this workout 50 times this summer – you are in the club!



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Standard Response Protocol

Bennet Elementary's adoption of the Standard Response Protocol (SRP) provides a standardized approach to managing various events, both threatening and non-threatening, that may happen in or around our school.

These protocols provide actions for the following situations:

- Lockout (danger is outside the school)
- Lockdown (danger is inside the school)
- Evacuate (leave the school building, such as a fire)
- Shelter (tornado or severe weather)
- Hold (stay in classrooms due to a non-threatening event outside the classroom)

IN AN EMERGENCY TAKE ACTION



HOLD! In your room or area. Clear the halls.

OCCUPANTS

Clear the hallways and remain in room or area until the "All Clear" is announced
Do business as usual

STAFF

Close and lock door
Account for occupants and staff
Do business as usual



SECURE! Get inside. Lock outside doors.

OCCUPANTS

Return inside
Do business as usual

STAFF

Bring everyone indoors
Lock outside doors
Increase situational awareness
Account for occupants and staff
Do business as usual



LOCKDOWN! Locks, lights, out of sight.

OCCUPANTS

Move away from sight
Maintain silence
Do not open the door
Prepare to evade or defend

STAFF

Lock interior doors
Turn out the lights
Move away from sight
Do not open the door
Maintain silence
Account for occupants and staff
Prepare to evade or defend



EVACUATE! (A location may be specified)

OCCUPANTS

Evacuate to specified location
Bring your phone
Instructions may be provided about retaining or leaving belongings

STAFF

Lead evacuation to specified location
Account for occupants and staff
Notify if missing, extra or injured people



SHELTER! Hazard and safety strategy.

OCCUPANTS

Use appropriate safety strategy for the hazard

Hazard

Tornado
Hazmat
Earthquake
Tsunami

Safety Strategy

Evacuate to shelter area
Seal the room
Drop, cover and hold
Get to high ground

STAFF

Lead safety strategy
Account for occupants and staff
Notify if missing, extra or injured people

Consent to Test Form

I understand fully that my performance as a student and the reputation of my school are dependent, in part, on my conduct as an individual. I hereby agree to accept and abide by the standards, rules and regulations set forth by the Board of Education of District OR-1 Public Schools, the administration, and the coaches and sponsors for the activities in which I participate.

I consent to and authorize District OR-1 Public Schools to conduct a drug and alcohol test if my number is drawn from the random pool. I also authorize the release of information concerning the results of such tests to designated District personnel.

I understand that this form remains in effect until the submission of an Activity Drop Form or graduation and/or withdrawal from the District.

_____ Student Name (print)	_____ Parent or Guardian Name (print)
_____ Student Signature	_____ Parent or Guardian Signature
_____ Date	_____ Date

I plan to participate in one or more of the following school sponsored competitive extracurricular activit(ies):

_____ I am volunteering to be placed in the testing pool.

FAMILY - STUDENT INFORMATION SHEET 2025-26 SCHOOL YEAR

STUDENT'S NAME

First _____ Middle _____ Last _____

Grade _____ D.O.B. _____

Student's Cell Number _____

STUDENT'S NAME

First _____ Middle _____ Last _____

Grade _____ D.O.B. _____

Student's Cell Number _____

STUDENT'S NAME

First _____ Middle _____ Last _____

Grade _____ D.O.B. _____

Student's Cell Number _____

STUDENT'S NAME

First _____ Middle _____ Last _____

Grade _____ D.O.B. _____

Student's Cell Number _____

STUDENT'S ADDRESS AND PHONE NUMBER:

Address where students reside: _____

MOTHER'S NAME _____

Home Phone Number _____ Cell Phone Number _____

Address _____

City _____ State _____ Zip _____

Place of Employment _____ Employment Phone _____

E-Mail Address _____

FATHER'S NAME _____

Home Phone Number _____ Cell Phone Number _____

Address _____

City _____ State _____ Zip _____

Place of Employment _____ Employment Phone _____

E-Mail Address _____

STEP PARENT'S NAME _____

E-Mail Address _____

Place of Employment _____

Employment Phone _____ Cell Phone _____

STUDENT LIVES WITH: (Check appropriate choice)

☐ Both Parents ☐ Mother Only ☐ Father Only ☐ Grandparent ☐ Guardian

☐ Mother & Step Father ☐ Father & Step Mother ☐ Other (Please Explain) _____

EMERGENCY CONTACTS

If parents cannot be reached, contact the following:

Name _____ Relationship to student _____

Home Phone Number _____ Cell Phone Number _____

Employment Phone _____

Name _____ Relationship to student _____

Home Phone Number _____ Cell Phone Number _____

Employment Phone _____

MEDICATIONS:

Please contact Nurse Christine Wilson at Wilson.chr@districtor1.net to complete a separate permission form prior to the first day of school.

OTHER INFORMATION:

I anticipate my child receiving school transportation for the 2025-26 school year: ☐ Yes ☐ No

My student is "Option Enrolled" in District OR 1: ☐ Yes ☐ No

(If Yes) Home District: _____

What language did the student first learn to speak? _____

What language is spoken most often by the student? _____

What language is primarily used in the student's home regardless of the language spoken by the student?

**PARENTAL CONSENT for the
2025-26 SCHOOL YEAR**

I hereby give my consent for the following named student(s): _____


_____, to:

1. Accompany any school team or club of which he/she is a member on any of its local or out-of-town trips.

_____ (Initial here) 

2. Accompany his/her class on any local or out-of-town school field trips.

_____ (Initial here) 

3. Photo Release: Your child's photo may be taken for inclusion in the district publications or in local newspapers or magazine articles or letters relating to school activities. _____ (Initial here) 

I acknowledge that I have selected the health care provider who has examined the student and assume full responsibility for the selection of such examiner.

I authorize the school to obtain, through a physician of its own choice, any medical care that may become reasonably necessary for the student in the course of such athletic activities or such travel. I also agree not to hold the school or anyone acting on its behalf responsible for any injury occurring to the above-named student in the course of such athletic activities, field trips, or such travel.

Signature of Parent/Guardian _____

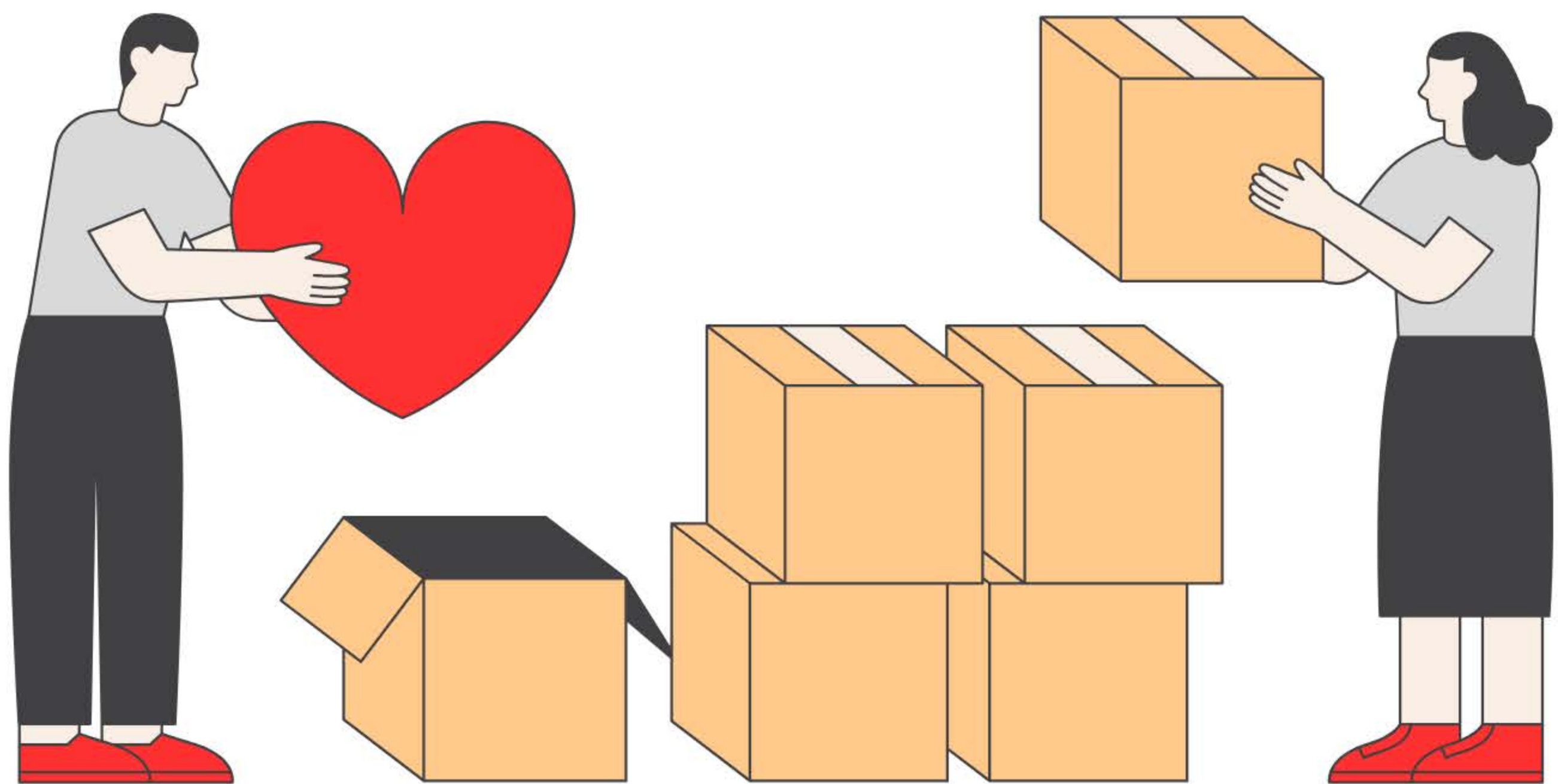
Date _____

Please contact the building secretary for a Free/Reduced Application after August 1.

POP TAB COLLECTION

Palmyra FCCLA

**START SAVING TABS TODAY —
WE'RE COLLECTING ALL YEAR!**



Drop off your pop tabs
at Palmyra High School
or to an FCCLA Member

POP TABS GOING TO

Ronald McDonald
House Charities,
Omaha, NE

WHY POP TABS?

Pop tabs may be small in size, but they have a big impact. Your aluminum can tab donations help light the way for families at the House.

Thanks to schools, businesses, community organizations, and families like ours, they have recycled approximately 35 million pop tabs last year, and the money from those donations helps pay for their electric bill each month.

SUMMER WEIGHTS SIGN UP

Start Date: June 2nd

Training Days: 4 days per week (Monday - Thursday)

Sessions:

- 1st Session: 7:00 - 8:15
- 2nd Session: 8:15 - 9:30
- JH Session: (Boys M/W & Girls T/TH) 9:45 - 10:30

Summer weight training is open to all High School and Junior High students for the upcoming school year.

As in the past, high school boys and girls will rotate between the early and late sessions weekly. A calendar with the weekly breakdown is included in the band app.

Athletes planning to attend summer weights will need to fill out the sign up form below!

Sign Up Form:



<https://forms.gle/4Yvhf9JAagP8ZkoW9>

**Band App:
Calendar and Updates**



<https://bit.ly/SummerWeightsBand>



PANTHER YOUTH BASKETBALL
P.O. Box 321
Bennet, NE 68317
pantheryouthbasketball@gmail.com

PANTHER YOUTH BASKETBALL 5,000 SHOT CLUB

Because Champions are made in the summer – and great shooters shoot all the time! Building the correct habits through repetition and practice will foster muscle memory in your shooting form – and that proper form will take over when you are in the game!

The Panther Youth Shot Club is a summer program designed to challenge our 3rd–8th grade players to practice excellent shooting and the goal is to record 5,000 or more shots during the summer.

Outline

Sign up: Are you participating? Then you need to let Coach Maibaum and Coach Kempkes know!

Email: Coach Maibaum (maibaum.bra@districtor1.net) for the girls, or Coach Kempkes (kempkes.kaledistrictor1.net) for the boys.

Monthly shot submissions will be requested via email. Reminders will be on Facebook.

Dates: June 1–September 30. All tracking documents are due by October 10th, 2025. No late submissions will be accepted.

FAQs

What are game shots? Game shots are different for every player. To be successful, you should start in close to the basket working on proper form for a warm up. Once you have established your range (distance from the basket where you can shoot the ball with proper form) you are ready. But remember – any shot you shoot, whether it's while warming up or playing pick up ball, counts toward those shot totals. Note: only game shots count (underhand and half-court baseball shots are examples of shots that do NOT count).

Where can I shoot? This shot club is open to any hoop where you can shoot – in the driveway, at the park, during a basketball camp, open gym, etc. 3rd Grade = 9ft hoops and 4th–8th grades = 10ft hoops.

Do free throws count? Yes! Ideally 20% of your shots will consist of free throws. When you shoot for a long period of time, you will need to rest. Free throws are a great way to rest during a workout.

Can I just guess how many shots I shoot and make? The idea behind the Shot Club is to give you, the player, the confidence and the knowledge that you deserve to win because you put in time to improve your game. You must be true to yourself and be honest about what you want to get out of doing this.

What do I get for making the club? You will successfully complete the program if you turn in all your tracking reports, making sure all shots have been verified by a parent or guardian. Players who take 5,000 shots will receive a Panther Youth Shot Club Shirt and will be recognized when we start up our basketball season next year.

Tips

Form: eyes on target, feet squared up, shot pocket (finger pads), helper hand, elbow in, gooseneck follow through

Variety of shots: layups, jump shots, drive and shoot, fake and shoot, free throws

Practice shots after you are tired: don't just quit – get a few more shots in!

Sample 100 Shot Workout

20 in front of hoop, 20 block (R/L), 20 layups (R/L), 20 free throws, 20 elbow (R/L)

Do this workout 50 times this summer – you are in the club!