

Kevin Proch Basketball Tournament & Skills Competition

Saturday December 31, 2022

@ The Hope Center (383 Vandervoort St.)

9am-12:30pm **Men's 3 on 3 Tournament (deadline to register December 23)**

12:30-1:00pm **Men's 3-point competition (\$5 per entry)—register onsite**

Attempt to make as many 3-point shots as possible from five positions behind the 3-point arc. Each station contains four basketballs, with each ball made worth 1 point. The final ball in each rack (bonus ball) is worth 2 points. Contestants have one minute to complete all 5 stations. Winner of the event receives a \$25 gift card.

1:00-5:00pm **Youth Skills & Shot Competition: (free- \$5 donation accepted) *Pre-registration required (www.ntparksrec.com)**

Youth grades 3-12 are invited to participate in the skills & shot competition. Entry into the event includes participation in three separate contests (See contest descriptions below)

1:00-2:00pm 3&4 grade (using modified baskets)
2:00-3:00pm 5&6 grade
3:00-4:00pm 7&8 grade
4:00-5:00pm 9-12 grade

1. **Basketball Skills Obstacles Course**- Navigate through the skills obstacle course which includes speed dribbling, passing to targets, speed agility, and completing a layup and shot. Each contestant will be timed, and the fastest recorded time in each grade division will receive a prize.
2. **Free Throw Competition**: Each contestant will shoot 20 consecutive free throws. The participant making the most free throws in their grade division will receive a prize. In case of ties, a shoot off will ensue to determine the winner!
3. **Hot Shot Competition**: Each contestant will have 50 seconds to make shots and collect as many points as possible. Select "shot spots" will be dispersed around the basket (closer shots worth less point value, further shots worth more point value). The contestant with the most total points in each grade division will receive a prize.