

PROGRAM OPTIONS

Private Lessons – an athlete works with a MDB coach for 1 or 1.5 hours.

Semi-Private Lessons – two to six athletes work with a MDB coach. Athletes must provide a partner(s) at time of registration. Athletes may schedule 1 or 1.5 hour lesson options.

Strength, Speed & Vertical (SSV) Workouts – one hour small group (up to 6 athletes) workouts that include strength training with weights, resistance exercises, plyometric exercises, and foot speed, lateral quickness and vertical jump drills to improve athletic performance, reduce the risk of injury, and improve self-confidence.

Total Skills Clinics – 1.5 hour small group (up to 8 athletes) workouts that focus on developing a variety of fundamentals, good practice habits, and building self-confidence. Skills taught include jump stops, pivoting, shooting form & mechanics, shooting off the dribble & pass, posting up, ball handling, passing skills, movement without the ball, and rebounding.

Ball-Handling Clinics - Ball-handling is more than just dribbling. Components of these clinics will include improving stance & footwork, improving change-of-direction moves, increasing space with the defender and improving ability to change speeds, drive, and penetrate.

Mini-Mite Clinics – small group skills clinics for 1st through 3rd graders.

PROGRAM COSTS

Private Lessons

1-3 one hour lessons.....\$60.00/hour
4 or more one hour lessons/prepaid...\$50.00/hour
1.5 hour lessons\$75.00/lesson

Private lessons with Coach Kelley

1 one hour private lesson.....\$70.00/hour
4 or more one hour lessons/prepaid...\$60.00/hour
1.5 hour lessons.....\$90.00/lesson

Semi-Private Lessons

(2-6 athletes per coach)

1-5 one hour lessons.....\$60.00/hour
6 or more one hour lessons/prepaid. \$50.00/hour
1-4 1.5 hour lessons.....\$90.00/lesson
5 or more 1.5 hour lessons/prepaid...\$80.00/lesson

Total Skills Clinics

1-3, 1.5 hour clinics.....\$25.00/clinic
4-6, 1.5 hour clinics/prepaid.....\$20.00/clinic
7 or more 1.5 hour clinics/prepaid...\$15.00/clinic

Ball-Handling Clinics, SSV & Mini-Mite Clinics

1-3, 1 hour clinics.....\$20.00/clinic
4 or more 1 hour clinics/prepaid.....\$15.00/clinic

TO REGISTER

- 1) Send registration form, along with a non-fundable \$100.00 deposit. A deposit must be received to reserve the preferred time slot and days of the week.
- 2) Select a Program by circling the program(s) desired.
- 3) Identify a location, days of the week, and time(s) of the day.
- 4) Circle weeks of the summer desired. Each date listed is the Monday of the week. The number of weeks chosen does not need to be consecutive.
- 5) Payment information.

MDB

952-346-8866 phone
952-346-8868 fax
mdbball1@qwestoffice.net

2009 MDB SUMMER PROGRAM REGISTRATION

1) Athlete's Name: _____ Fall 09 Grade _____

Address: _____

City _____ State _____ Zip _____

Parent Name(s) _____

Home Phone: _____ Work Phone: _____

Cell (Dad): _____ Cell (Mom): _____

Email(s): _____

2) Program Options:

Private	Semi-Private	SSV	3) See Sites & Dates Insert
Total Skills Clinic	Ball-Hand Clinic	Mini-Mite Clinic	Location _____
Names of Athletes in Group _____			Day(s) of the week _____
			Times(s) _____

4) Please Circle Weeks:

June 8	July 6	August 3	5) Visa/Mastercard/Discover:
15	13	10	Card # _____
22	20	17	Exp Date _____ Amt _____
29	27	24	Authorized Signature: _____
		31	

Make checks payable to:
MDB
2050 W 96th St
Bloomington MN 55431

Signature _____ Date _____

(Parent/Guardian signature required)