

PROGRAM OPTIONS

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

Semi-Private Lessons – 2-6 athletes work with a MDB coach. Athletes must provide a partner(s) at time of registration. 1 and 1.5 hour lesson options.

Strength, Speed & Vertical (SSV) Workouts – one hour small group (up to 6 athletes) workouts that includes 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.

Offensive Skills, Drills & Play (OSDP) Workouts – 1.5 hour small group (up to 8 athletes) workouts that include on-court shooting, ball-handling and offensive footwork drills; plyometric and resistance drills for increasing foot speed, lateral quickness, vertical jump and explosiveness; 3-on-3 and 4-on-4 play.

PROGRAM COSTS

Private Lessons

1-3 one hour lessons	\$60.00/hour
4 or more one hour lessons, prepaid .	\$50.00/hour
8 or more one hour lessons, prepaid .	\$45.00/hour
1.5 hour lessons	\$75.00/lesson

Semi-Private Lessons

(2-6 athletes per MDB coach)

1-5 one hour lessons	\$70.00/hour
6 or more one hour lessons, prepaid .	\$60.00/hour
1.5 hour lessons	\$85.00/lesson

Strength, Speed & Vertical (SSV)

1-4 one hour sessions	\$25.00/hour
5-8 one hour sessions	\$20.00/hour
9 or more one hour sessions	\$15.00/hour
Combined with a lesson package	\$15.00/hour

Offensive Skills, Drills & Play (OSDP)

1-5, 1.5 hour workouts	\$20.00/workout
6 or more 1.5 workouts	\$15.00/workout

TO REGISTER

- 1) Send registration form, along with a non-refundable deposit of \$100.00. (A deposit must be received to reserve the preferred time slot and days of the week and/or dates.)
- 2) Select a Program by checking the box for program(s) desired.
- 3) Identify a location, days of the week and time(s) of the day.
- 4) Please circle weeks of the summer desired. The number of weeks chosen does not need to be consecutive.
- 5) Payment Information.

2008 MDB SUMMER PROGRAM REGISTRATION

1) Player's Name: _____ Fall '08 Grade _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Work Phone (Dad): _____ Work Phone (Mom): _____
 Cell (Dad): _____ Cell (Mom): _____
 Home Phone: _____
 Email: _____

2) Program Options:

- Private Semi-Private SSV
 Offensive Skills, Drill & Play

Names of Athletes in Group _____

4) Please Circle Weeks:

June	9	July	7	August	4
	16		14		11
	23		21		18
	30		28		25

3) See Sites & Dates Insert

Location _____
 Day(s) of the week _____
 Time(s) _____

5) Visa / Mastercard / Discover:

Card # _____
 Expiration Date _____ Amount _____
 Authorized Signature: _____

Make checks payable to: MDB
 2050 West 96th Street
 Bloomington, MN 55431

Signature _____ Date Signed _____

(Parent / Guardian signature required with all registrations)



Fax: 952.346.8868
 Email: mdbball@qwest.net