



# WOODBURY Summer Program Registration

## 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 dumbbells, 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.

## 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
10 or more one hour lessons, prepaid ...	\$40.00/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
8 or more one hour lessons, prepaid .....	\$50.00/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

## SHOOTING CAMPS

See Shooting Camps registration form for dates, location and cost information.

## 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) Circle location and identify 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: \_\_\_\_\_  
 Parent/Guardian Name(s): \_\_\_\_\_  
 Work Phone (Dad): \_\_\_\_\_ Work Phone (Mom): \_\_\_\_\_  
 Cell (Dad): \_\_\_\_\_ Cell (Mom): \_\_\_\_\_  
 Home Phone: \_\_\_\_\_  
 Email: \_\_\_\_\_

2) **Program Options:**  
 Private    Semi-Private    SSV  
 Names of Athletes in Group \_\_\_\_\_  
 \_\_\_\_\_

3) **See Sites & Dates Insert**  
 Five Oaks Community Church  
 Footprints Academy  
 Day(s) of the week \_\_\_\_\_  
 Time(s) \_\_\_\_\_

4) **Please Circle Weeks:**

July	7	August	4
	14		11
	21		18
	28		25

5) Visa / Mastercard / Discover:  
 Card # \_\_\_\_\_  
 Expiration Date \_\_\_\_\_ Amount \_\_\_\_\_  
 Authorized Signature: \_\_\_\_\_

**Make checks payable to: WAA**  
(Mail to: MDB • 2050 West 96th Street • Bloomington, MN 55431)

Signature \_\_\_\_\_ Date Signed \_\_\_\_\_  
(Parent / Guardian signature required with all registrations)



# WOODBURY Summer Program

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