

PROGRAM OPTIONS

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

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

Strength, Speed & Vertical (SSV) Workouts – one hour small group (up to 8 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.

Shooting Clinics – one 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 - one hour small group (up to 8 athletes) workouts. Ball-handling is more than just dribbling. Skills taught include improving stance & footwork, improving change-of-direction moves, creating 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
4-7 one hour lessons/prepaid.....	\$50.00/hour
8 or more one hour lessons/prepaid.....	\$45.00/hour
1.5 hour lessons	\$80.00/lesson

Private & Buddy lessons with Coach Kelley

1-2 one hour private lessons.....	\$70.00/hour
3-4 one hour lessons/prepaid.....	\$65.00/hour
5-8 one hour lessons/prepaid.....	\$60.00/hour
10 or more one hour lessons/prepaid.....	\$50.00/hour
1.5 hour lessons.....	\$85.00/lesson

Buddy 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

Shooting, Ball-Handling, & Mini-Mite Clinics & SSV

1-3, one hour sessions.....	\$20.00/hour
4-8 one hour sessions/prepaid.....	\$15.00/hour
9 or more one hour sessions/prepaid.....	\$12.50/hour

Monthly Memberships also available! Check out www.mdbball.com or call 952-346-8866 for more details.

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

2010 MDB SUMMER PROGRAM REGISTRATION

1) Athlete's Name: _____ Fall '10 Grade _____

Address: _____

City _____ State _____ Zip _____

Parent Name(s) _____

Home Phone: _____ Work Phone: _____

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

Email(s): _____

2) Program Options: Private Buddy SSV BH Clinic
Shooting Clinic Mini-Mite Clinic
Membership: Pro or College
Names of Athletes in Group _____

3) See Sites & Dates Insert
Location _____
Day(s) of the week _____
Times(s) _____

4) Please Circle Weeks:

June 7	July 5	August 2
14	12	9
21	19	16
28	26	23
		30

5) Visa/Mastercard/Discover:
Card # _____
Exp Date _____ Amt _____
Authorized Signature: _____

Make checks payable to:
MDB
2040 W 98th St
Bloomington MN 55431

Signature _____ Date _____

(Parent/Guardian signature required)