

## 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 1<sup>st</sup> through 3<sup>rd</sup> 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](http://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 98<sup>th</sup> St  
Bloomington MN 55431

Signature \_\_\_\_\_ Date \_\_\_\_\_

(Parent/Guardian signature required)