

## PROGRAM OPTIONS

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

**Buddy Lessons** – two to four 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 5 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 & Ball-Handling Clinics** – one hour small group (up to 8 athletes) workouts that focus on developing a variety of skills, good practice habits, and building self-confidence. The skills worked on include jump stops and pivoting, offensive footwork, shooting mechanics, shooting off the dribble and pass, change-of-directions dribbling, changing speeds and driving, posting up, and how to use the jab step and shot fake.

**Mini-Mite Clinics** – one hour small group shooting and ball-handling for 1<sup>st</sup> through 3<sup>rd</sup> graders.

**Mini-Camps** – see separate schedule for locations, dates & times.

## PROGRAM COSTS

### Private Lessons

1-3 one hour lessons.....	\$55.00/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.....	\$65.00/hour
3-4 one hour lessons/prepaid.....	\$60.00/hour
5-8 one hour lessons/prepaid.....	\$55.00/hour
10 or more one hour lessons/prepaid.....	\$50.00/hour
1.5 hour lessons.....	\$85.00/lesson

### Buddy Lessons

(2-4 athletes per coach)

1-4 one hour lessons.....	\$60.00/hour
5 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.....	\$75.00/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

**Mini-Camps** – see separate schedule for cost

## 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

## 2011 MDB SUMMER PROGRAM REGISTRATION

1) Athlete's Name: \_\_\_\_\_ Fall '11 Grade \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Parent Name(s) \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Cell (Dad): \_\_\_\_\_ Cell (Mom): \_\_\_\_\_

Email(s): \_\_\_\_\_

### 2) Program Options:

Private    Buddy    SSV  
Clinics    Mini-Camp

### 3) See Sites & Dates Insert:

Location \_\_\_\_\_  
Day(s) of the week \_\_\_\_\_  
Times(s) \_\_\_\_\_

Names of Athletes in Group (if applies)  
\_\_\_\_\_

### 5) Visa/Mastercard/Discover:

Card # \_\_\_\_\_  
Exp Date \_\_\_\_\_ Amt \_\_\_\_\_  
Authorized Signature: \_\_\_\_\_

### 4) Please Circle Weeks:

June 6	July 4	August 1
13	11	8
20	18	15
27	25	22
		29

Make checks payable to:  
MDB  
2040 W 98<sup>th</sup> St  
Bloomington MN 55431

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

(Parent/Guardian signature required)