

## TRAINING OPTIONS

**Private Lessons** – 1-on-1 with a MDB coach. Athletes may choose to schedule 1, 1.5 or 2 hour lessons

**Buddy Lessons** – 2-4 athletes with a MDB coach. Athletes must provide a partner(s) at time of registration. Athletes may choose to schedule 1, 1.5 or 2 hour lessons.

**Strength, Speed & Vertical (SSV) Workouts** – Private or small group (2 or more athletes) workouts that include strength training, resistance, plyometric exercises, foot speed, and lateral quickness drills to improve athletic performance and reduce the risk of injury. These are one hour sessions.

**Off-Season Development Program (ODP)** for 6<sup>th</sup>-12<sup>th</sup> gr – see separate flier for dates/times & cost.

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

## FEES

### Private Lessons\*

1-3 one hour lessons.....	\$60.00/hour
4-6 one hour lessons.....	\$55.00/hour
7-9 one hour lessons.....	\$50.00/hour
10 or more one hour lessons.....	\$45.00/hour

### Buddy Lessons\*

(2-4 athletes per coach)

1-3 one hour lessons.....	\$70.00/hour
4-6 one hour lessons.....	\$60.00/hour
7-9 one hour lessons.....	\$55.00/hour
10 or more one hour lessons.....	\$45.00/hour

### Private& Buddy\* lessons with Coach Kelley

1-4 one hour private lessons.....	\$70.00/hour
5-8 one hour lessons.....	\$60.00/hour
9-11 one hour lessons.....	\$55.00/hour
12 or more one hour lessons.....	\$50.00/hour

\*Private & Buddy lessons are available for 1, 1.5 or 2 hours

## SSV

### Private workouts (1-on-1):

1-4 one hour sessions.....	\$50.00/hour
5 or more one hour sessions.....	\$40.00/hour

### Buddy workouts (2 or more athletes, athletes form their own group):

1-4 one hour sessions.....	\$25.00/hour/per athlete
5-9 one hour sessions.....	\$22.00/hour/per athlete
10 or more one hour sessions.....	\$17.00/hour/per athlete
30 minute workout prior to or after a lesson.....	\$20.00

## TO REGISTER

- 1) Send registration form, along with payment in full or a non-refundable \$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.



952-346-8866 phone  
952-346-8868 fax  
mdbball1@qwestoffice.net

## 2018 MDB SUMMER PROGRAM REGISTRATION

1) Athlete's Name: \_\_\_\_\_ Fall '18 Grade \_\_\_\_\_

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

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

Parent Name(s) \_\_\_\_\_ Tshirt Size \_\_\_\_\_  
(youth medium thru adult XXL)

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

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

### 2) Training Options:

Private    Buddy    ODP  
SSV        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/Am Ex:

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

### 4) Please Circle Weeks:

June 4	July 2	August 6
11	9	13
18	16	20
25	23	27
	30	

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

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

(Parent/Guardian signature required)