

# **MDB WINTER TEAM PROGRAM**

## **4th, 5th, 6th, 7th, 8th and 9th Grade Teams**

Our Team Programs are designed to give a group of athletes an opportunity to develop and improve their fundamental skills, learn team concepts such as helping-man-to-man defense, and motion offense, and compete in weekend tournaments.



Program begins in November.



Teams practice two times per week – 1.5 hours each practice.



Nine (9) or ten (10) players per team.



Teams play in metro area travel tournaments – B/C level.



All tournaments are in the Twin Cities metro area.



Each team will play in 4-5 tournaments.



Players are also encouraged to play on in-house and/or school teams.



Uniforms are included.

**For More Information**  
**952/346-8866**

**Motivation Is What Gets You Started.  
Perfect Practice Is What Makes You Better.**