

# Attention: Eastview Basketball Players

Summer is a great time to make the leap to the next level, and become a better skilled and more confident player next winter.

## 2009 MDB Summer Program

Now through the week of August 31st

### Program options>

**Private Lessons** (1-on-1 with a MDB coach)

**Semi-private Lessons** (2-5 athletes per MDB coach)

Athletes must provide a partner(s) at time of registration.

**Private>** 1-3 one hour lessons.....\$60.00/hour  
4 or more one hour lessons, prepaid.....\$50.00/hour  
1.5 hour lessons.....\$75.00

**Semi-private\*>** 1-5 one hour lessons.....\$60.00/hour  
6 or more one hour lessons, prepaid....\$50.00/hour  
1.5 hour lessons.....\$90.00

\*The hourly cost is shared by the athletes in the group.

**Strength, Speed & Vertical (SSV)** workouts are one hour small group(up to 6 athletes) sessions that include strength training with dumbbells, resistance exercises as well as plyometric, foot speed, lateral quickness and vertical improvement drills to improve athletic performance, reduce the risk of injury and build self-confidence.

1-3 one hour lessons.....\$20.00/hour  
4 or more one hour lessons, prepaid.....\$15.00/hour  
Combined with a lesson package.....\$15.00/hour

### Days and hours at the MDB facility in Bloomington:

Monday through Thursday	9:00 a.m.-7:00p.m.
Friday	9:00 a.m.-1:00 p.m.
Saturday	9:00 a.m.-12:00 p.m.

**A variety of Mini-camps and Clinics are available at the MDB facility in Bloomington throughout the summer.**

**Go to [www.mdbball.com](http://www.mdbball.com) for a complete schedule.**

To sign-up for lessons and/or camps, check on availability and to get more information please give Alison a call today at 952-346-8866, or email her at [mdbball1@qwestoffice.net](mailto:mdbball1@qwestoffice.net).