

## Fall Tune Up Camp – 2010

These camps are designed to give all the high school players (grades 9-12) a great basketball workout for an hour and a half each weekend. These tune up camps were originally designed to help the Fall athletes who work all summer on their basketball skills and don't have an opportunity to do so once the Fall sports season begins. By participating in these workouts, each athlete will get one weekend day where they can get a serious basketball workout. There is no contact, it is all fundamental based. We work on ball handling, shooting, footwork, and making moves to the basket. Everything is designed to make them a more efficient basketball player.

E-Mail information to **Error! Hyperlink reference not valid.**

School:

Athletes: (Name/Phone/E-mail)

Grade going into:

Day of session preferred (Sat or Sun, give me a 1st and 2nd choice)

session preferred (see times below, give me a 1st, 2nd and 3rd choice)\*

Location: Plymouth or Apple Valley

We do our best to accommodate choices, but it is not always feasible.

We will need payment of \$150.00 by August 15th. Payment can be mailed to Brian Ammann, 9997 171st Street West, Lakeville, MN 55044. Please put athletes name and tune up in memo portion on the check. We do not accept credit cards.

\*Saturdays (Apple Valley)

9-10:30 a.m.- *If you are an individual this is a good spot for you to sign up for, as it is reserved for girls that's team will not be in it.*

10:30-Noon - FULL

Noon-1:30 p.m. - FULL

1:30 p.m.-3:00 p.m.

3:00 p.m. - 4:30 p.m.

4:30 p.m.-6:00 p.m.

\*Sundays (Apple Valley)

noon-1:30 p.m.

1:30-3:00 p.m. - FULL

3-4:30 p.m.

4:30-6 p.m.

6-7:30 p.m. - FULL

7:30-9 p.m. - FULL

\*Saturdays (Plymouth)

9-10:30 a.m.

10:30-Noon

Noon-1:30 p.m.

1:30-3:00 p.m.

\*Sundays (Plymouth)

noon-1:30 p.m.

1:30-3:00 p.m.

These sessions begin on 9/11 or 9/12 and conclude on 11/13 or 11/14.

Website address: [www.mnschoolbball.com](http://www.mnschoolbball.com)