

SERVICES

The Minnesota School of Basketball offers individual and group instruction for all levels of skills. Instruction can be tailored to meet individual needs.

Costs for Individual & Small-group Instruction

Private Lessons:

- 1:1 - athlete to instructor: \$50 per hour

Semi-Private Lessons: (per athlete)

- 2:1 - athlete to instructor: \$30 per hour
- 3:1 - athlete to instructor: \$25 per hour
- 4:1 - athlete to instructor: \$20 per hour
- 5:1 - athlete to instructor: \$20 per hour

Discounts and special offers

- Sign up and prepay for lesson packages and get a 10% discount.
- Same family/multi-child discount available upon request.

Team Training Program

- \$75 per hour per team
- Team instruction can be tailored to meet individual team needs such as press break, motion offense, or can be a scheduled program to develop all levels of team play.
- The team fee includes up to two team coaches.

Cancellation Policy

If you have scheduled a session, you are committed to be there. If you must cancel, you will need to provide 24 hours notice. If you miss a session without providing 24 hours or more notice, you will be responsible for 1/2 of the session fee. If you miss another without providing the appropriate notice, you will be responsible for the entire fee for the missed session.

www.MNSCHOOLBBALL.COM



PLYMOUTH FACILITY

2530 Xenium Lane No., Plymouth, MN 55441-3627

GYM: 763.557.8896

(Next to Acceleration NW
and across the street from Red Robin)

Regular Hours:

- Tue: 3 - 9 p.m.
- Wed: 3 - 9 p.m.
- Fri: 3 - 9 p.m.
- Sat: 1 p.m. - 6 p.m.
- Sun: Noon - 4 p.m.

Summer Hours: Individual & Small Group lessons (June 9 - Labor Day:)

- Mon - Fri: Noon - 4 p.m.

APPLE VALLEY FACILITY

5708 Upper 147th St., Suite 110, Apple Valley, MN 55124

GYM: 952.431.3880

Regular Hours:

- Mon - Thur: 3 - 9 p.m.
- Fri: 3 - 9 p.m.
- Sat: 9 a.m. - 3 p.m.
- Sun: Noon - 4 p.m.

Summer Hours: Individual & Small Group lessons (June 9 - Labor Day:)

- Mon - Thur : 1 - 9 p.m.
- Fri: 1 - 5 p.m.

* Hours are subject to change

For more information or to book sessions call:

952.898.9626

from 10:30 a.m. - 10:30 p.m.

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**TAKE YOUR
GAME TO THE
NEXT LEVEL**



TEAM OF INSTRUCTORS



Owner/Director

BRIAN AMMANN built a tradition of Minnesota Intercollegiate Athletic Conference (MIAC) and national success at Augsburg College as the head basketball coach from 1988 to 2005.

- Coached Augsburg College Basketball from 1988 to 2005. His teams claimed two conference championships and participated in the NCAA Division III national tournaments.

- Coached at North Dakota State University and Northern Michigan University.
- Ammann's teams showed his trademark offensive game style with great shooting and fast-paced offenses. (Augsburg set NCAA 3-point shooting record with 12 made per game in 1989.)
- Ammann's defensive philosophy incorporates high pressure trapping with tough man-to-man techniques.
- Ammann is the sole Division III coach to have a player selected in the first round of the NBA draft — Devean George of the Lakers.
- Ammann was an NCAA Division III All-American at Augsburg College and is the school's all-time leading scorer (2,271 points).



Site Manager,
Apple Valley

MITCH OHNSTAD joins the staff and brings with him a great resume that includes playing, coaching and teaching basketball.

- All time leading scorer at Faribault High School (graduated in 1996) and fourth all time leading scorer (2,805) in Minnesota boy's basketball history.
- 1996 Minnesota Mr. Basketball

- Freshman All American playing at Cal Poly-San Luis Obispo
- Played at University of Minnesota and won the 1998 NIT Championship and participated in 1999 NCAA tournament.
- Coached and taught basketball to boys and girls of all ages for past 4 years.
- Coaches boys & girls summer AAU teams.
- Currently playing for MN Ripknese of the American Basketball Association (ABA).



Site Manager,
Plymouth

GABE ZEIGLER brings 12 years of coaching and playing experience. While attending the University of Minnesota he headed the scout team for the women's program (98-01).

- Interned with the Timberwolves where he helped develop MN youth by coaching at camps through the Wolves Youth Program (1999).
- Played for Black Hills State University (01-03).
- As a member of the Yellow Jackets, he helped in back-to-back National Tournament appearances including a top five ranking for the duration of the 02-03 season.
- Served as Brian's Assistant Coach at Augsburg College (03-07).



ANGIE IVERSON-OHNSTAD played basketball for Owatonna High School in MN (2 time All-State). She then went on to play for the University of Minnesota (1994-1998)

- 2 time All Big Ten Selection
- Top 10 All Time in Scoring & Rebounding
- Led nation (Division I) in Rebounding (1996-98)
- Team MVP (1996, 1997, 1998)
- Assistant Coach at Lakeville North High School Girls Basketball Program — 7 Years (99-06)
- Assistant Coach during Lakeville High School Girls Basketball State Championship Teams
- On Site Director for Lakeville North Girls Youth Basketball Camps (99-06)



STEVE ESSELINK has been coaching and training youth basketball players for the past three years. He played high school basketball at Hills-Beaver Creek High School where he was an All-State player, and was chosen Class 1A Player of the Year in 1999.

- Played in college at Augustana, U of MN, and U of Sioux Falls, two seasons at the U of MN for Coach Dan Monson. His senior year at the U of Sioux Falls he was an NAIA Division 2 All-American.
- Has played professionally since graduating from college in 2004.
- Played last season in the LBPN, which is Mexico's top professional league.
- Made the LBPN All-Star team averaging 25 points per game.
- Will play for the MN Ripknese of the Premier Basketball League in the Winter of 2007/08.
- Part-time assistant with Minnesota School of Basketball Roadrunners 17U AAU team in 2007.



LIZ PODOMINICK joined the MN Gophers after having amassed over 2000 points and 1000 rebounds and two Class 4A Championships during her career at Lakeville High School. Her 21 points and 11 rebounds a game combined with her 61% shooting earned Podominick WBCA All-American status as well as Gatorade and AP Minnesota Player of the Year honors.

- All time leading scorer and rebounder at Lakeville N. High School.
- Leading scorer in the class 4A with 2,323 career points.
- Helped lead Lakeville to two-consecutive State Championships (2001 & 2002).
- 2003 MN Miss Basketball.
- McDonald's, Adidas, & Nike All-American (2003).
- Gatorade MN Female Basketball Player of the Year (2003).
- Lion's Female Athlete of the Year (2002).
- Played basketball for the U of M (2003-2006) and participated on the Final Four Team (2004).
- Graduated in 2007 from U of M Summa Cum Laude and is currently working toward a Masters in Sport Sociology.



KIP SPARBY joins Minnesota School of Basketball as one of our instructor/coaches. He comes to us with years of coaching experience from a variety of settings. During the '07-'08 season, he was the assistant coach for the St. Paul Como Park boy's basketball team whom made a state tournament appearance.

- Has been teaching individual and group basketball lessons throughout the Metro/Outstate Area for the past 9 years.
- Was assistant coach for two MN Intercollegiate Athletic Conference (MIAC) Men's Varsity Basketball programs. He spent the '06-'07 season with the Saint Mary's University Cardinals and was head coach of the junior varsity team. He was also at Hamline University for two seasons ('04-'06).
- Attended U of St. Thomas and graduated with a bachelor's degree in history. While at UST, he started all four years and was MIAC All Conference three years. Kip's senior year he was a Captain and MVP. By the end of his career at St. Thomas, he had 1400+ career points, 600+ rebounds, 500+ assists and held the MIAC record for All Time 3 Pointers Made.
- During his high school playing career at Rocori High School, Kip had 1000+ points and was All Conference his junior/senior years.