

Maple Grove Girls Basketball Summer Program

1) Morning Mayhem Workouts

Please register through Maple Grove Parks and Recreation for this:

<https://www.maplegrovern.gov/parks-and-recreation/econnect-registration>

MAPLE GROVE GIRLS BASKETBALL MORNING MAYHEM

Entering grades 8 - 12

These are intense workouts for kids who are serious about playing high school girls basketball for Maple Grove Senior High. These workouts are primarily designed for kids going into grades 8-12. If you have a child that is a high ability 7th grader, please contact Coach Cook, cookmark@district279.org, for approval. The first week will be at the Maple Grove Middle School Community Gyms and run from 7am-9am. The rest of the summer will be at Maple Grove Senior High and run from 7am-9am in the gym and 9am-10am in the Strength and Conditioning Center at the high school. The goal of these workouts is to better prepare kids mentally and physically to compete at the high school level. Instruction will come from members of the high school coaching staff.

Maple Grove Middle School, Comm. Gym, 7000 Hemlock Ln

Tuesday-Thursday June 12-14

7:00 a.m.-9:00 a.m.

Maple Grove Senior High Gyms

Tuesday- Thursday June 19-21, 26-28, July 10-12, 17-19, 24-26

7:00 a.m.-10:00 a.m.

\$100

307102-04

2) Breakdown USA State Tournament

Returning varsity/JV players...please plan on playing in the Breakdown USA Girls State Tournament at Maple Grove Community Gyms on July 15th. Game times are TBD.

3) YOUTH CLINIC VOLUNTEERS:

We will be hosting our annual youth clinics again this summer. We would love to have our high school girls volunteer at these. This IS NOT REQUIRED and is 100% voluntary. Dates and times are:

6/11-6/14 – 9:00am-11:00am at Maple Grove Community Gyms

7/23-7/26 – 9:00am-11:00am at Maple Grove Senior High

4) Survey:

Please go to the following link and fill out this survey to share with us your off-season goals.

<https://goo.gl/forms/0xMiJscVxZ4gTShq1>