



2021 High School Summer Workouts

Back at it again, another summer of development, competition, and building togetherness. This year's program will be designed for grades 9-12 (**Grade as of Fall 2021**), instructed by coach Johnson and the HS staff. The workout sessions will be conducted in accordance with the recommendations of the Minnesota Department of Health, and will continue to stay in line with Governor Walz [Executive Order](#).

In order to stay within safety guidelines, we will make sure to keep workouts at a maximum of **50 athletes (25 athletes per pod)**. This summer will have a heavy focus

on detailed fundamentals, enhancing the knowledge of the game, and learning concepts and terminology used for the HS season.

Summer Safety Guidelines

- Maintain social distancing of 6ft.
- Workout in “Pods” of 25
- No sharing of water bottles.
- Sanitize hands before and after workouts.
- Temperature checks before entering the gym.

Session Days

June: **14, 16, 17, 21, 23, 30**

July: **1, 12, 14, 15, 19, 21, 22, 26, 28, 29**

Session Times

8:30am - 10:00am

Location

PLHS Gold Gym, Blue Gym, Activity Center, and Hidden Oaks. **(Full summer schedule with locations will be sent)**

Registration

Cost is **\$250**. We will accept, **cash** or **checks only**, to avoid processing fees. All checks are made out to **D2i Basketball**. Registration will close once it reaches **50**

players. **No walk-in registrations will be accepted.** The deadline for registration is **May 31, 2021.** [REGISTER HERE](#)

Questions

Email: demoni.plbasketball@gmail.com

“Patience and Preparation captures Opportunity”