



## MSB has developed this program to help you improve your one-on-one skills.

Many times you will receive a pass on the court and find that, although you are guarded, you are the closest one to the basket. It's now up to you to make a move with the ball so you can get off your shot. This is where you get to add your personal offensive touch. **Being able to execute more than one individual move with the ball will greatly help you get free for your shot.**

Each session will spend 30 minutes working on moves and 45 minutes playing one-on-one. You can sign up for one or all sessions ~ whatever works best for you.

### 2019 DATES:

**BOYS:** 3/23, 4/6, 4/27, 5/11

**GIRLS:** 3/16, 3/30, 4/13, 5/4

*(We are closed Easter weekend)*

### TIMES:

#### Apple Valley

Grades 3rd & 4th	9:00-10:15 a.m.
Grades 5th & 6th	10:15-11:30 a.m.
Grades 7th, 8th & 9th	11:30 a.m. - 12:45 p.m.

*Limit of 12 people per session (two instructors)*

#### Golden Valley

Grades 3rd & 4th	9:00-10:15 a.m.
Grades 5th & 6th	10:15-11:30 a.m.
Grades 7th, 8th & 9th	11:30 a.m.-12:45 p.m.

*Limit of 12 people per session (two instructors)*

**COST:** \$25 per kid per session that they sign-up for. *Must be prepaid. Non-refundable without a 14 day cancellation notice.*

### TO REGISTER:

E-mail us the following info at **[bdammann@frontiernet.net](mailto:bdammann@frontiernet.net)**

- 1. Athletes Name**
- 2. Athletes Grade** *(current grade)*
- 3. Phone #**
- 4. Date(s)**
- 5. Location**

**Call 952-898-9626 with any questions.**

**NOTE:** *We must have at least **THREE** registered in order to run the session.*



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

### GOLDEN VALLEY Facility

8840 7th Avenue North  
Golden Valley, MN 55427

### APPLE VALLEY Facility

6275 147th Street West, Suite 106  
Apple Valley, MN 55124