



The Mahtomedi Basketball Association (MBA) is pleased provide a **BASE** Sports Enhancement Clinic consisting of 6 sessions to help athletes to develop/enhance **B**alance, **A**gility, **S**peed and **E**xplosiveness (BASE). The MBA is excited to have Shannon Maixner and the staff of Fitness Focus as training professionals for the clinic.

Dates: July 19, 21, 23, 26 28 30 (Mon-Wed-Fri)

Location: Mahtomedi Middle School (Gym 1)

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

Participants: Boys and Girls entering grades 5 - 8

Cost: \$25 (check payable to Mahtomedi Basketball Association which can be paid the first time you participate)

Core activities of the clinic will include dynamic stretching, strengthening of upper and lower body muscles, enhancing running form, speed training development, nutrition, and sports specific cardiovascular training.

Please note that this clinic is open to all athletes (not just basketball players) so bring a friend or two.

We do need registration contact information in advance. Please fax (651-330-1502) or email (mahtomedibasketballassociation@comcast.net) the information below.

Name:

2010-11 Grade:

School Attending:

Email Address:

Primary Phone #: