



Pat Dorsey's Spring Basketball Academy

Edina's Head Boy's Basketball Coach, Pat Dorsey
Edina's Head Assistant Coach, Erik Lowe
Southview City Gym

Coach Dorsey and Coach Lowe are conducting a skill development program for Edina players. Players are welcome from the travel program and the in-house program.

Your child will receive 1/1 instruction from both coaches on such skills as:

- 1) Shooting form and technique
- 2) Ball handling such as dribbling-passing-catching
- 3) Strength development through core exercises
- 4) Getting open; staying open on the post through proper footwork
- 5) Post Feeds

Your child will also receive feedback;

- 1) Through video tape
- 2) Workout goals and programs for open gyms during the off season

 Name _____ Address _____ City _____ State _____ Zip _____

E-mail _____ Grade 2009-2010: _____ T-Shirt Size _____ Adult or Youth _____

Parent's Name _____ Home Phone () _____ Daytime Phone () _____

Special Health Conditions _____

Check the desired option: **Southview City Gym**

_____ Option #1 \$120 Current 6th and 7th graders; Mondays and Wednesday; April 12th -May 5th; 3:15pm-4:15pm

_____ Option #2 \$120 Current 8th and 9th graders; Tuesdays and Thursdays; April 13th -May 6th; 3:15pm-4:15pm

_____ Option #3 \$120 Current 6th and 7th graders; Mondays and Wednesday; May 10th - June 3rd; 3:15pm-4:15pm

_____ Option #4 \$120 Current 8th and 9th graders; Tuesdays and Thursdays; May 11th -June 4th; 3:15pm-4:15pm

_____ Option #5 \$200 for the 8 week program

_____ Option #6 \$25 per individual workout; call or e-mail to make arrangements for this option.

