

REGISTRATION:

June 13 - June 30, July 11 - July 28

- SESSION I: 1:00 PM - 2:00 PM
- SESSION II: 2:00 PM - 3:00 PM
- SESSION III: 3:00 PM - 4:00 PM
- SESSION IV: 3:00 PM - 4:00 PM

All sessions meet at Meadow Creek Sports Center.

COST: \$150 | DEADLINE: JUNE 10

(\$50 rebate if student attends 14 sessions and hands in form by June 1st)

Name: _____

Grade Entering: _____

Email: _____

Address: _____

City: _____

State: _____ Zip: _____

Home Phone: _____

Cell Phone: _____

Special Request (allergies, etc.): _____

Parental Consent:

I certify that my child has been examined by a physician and found to be in good health and able to compete in all camp activities without restriction. Furthermore, I authorize the directors of the Legacy Christian Academy Camp to act for me according to their best judgment in an emergency requiring medical attention. I hereby release the Legacy Christian Academy and their employees from all claims resulting from injury my child may sustain while attending camp.

Parent/Guardian Signature: _____

CHOOSE YOUR T-SHIRT SIZE:

- small
- medium
- large
- x-large
- xx-large
- xxx-large

FOR MORE INFORMATION CONTACT:

JP LINDGREN @ 763.427.4595, EXT. 452

COACHES:

JP Lindgren

Legacy Christian Academy Athletic Director

Legacy Boys Basketball Head Coach

Blaine High School Graduate

St. Cloud State Graduate

Matt Kuik

Meadow Creek Christian School Graduate

Crown College Soccer & Basketball Player - Junior



LEGACY

INDIVIDUAL BASKETBALL TRAINING PROGRAM

For Boys & Girls Entering
Grades 5-12



LEGACY
CHRISTIAN ACADEMY

3037 BUNKER LAKE BLVD. NW

ANDOVER, MN 55304

PHONE 763.427.4595

FAX 763.427.3398

WWW.LCAMN.ORG

SUMMER 2011

STRIVE FOR EXCELLENCE

2011 INDIVIDUAL BASKETBALL TRAINING PROGRAM

Legacy Christian Academy has developed an Individual Training Program that will help you improve your basketball game and become a bigger asset for your team.

Coaches will spend time evaluating each individual player - with the objective of improving the player's weaknesses along with further enhancing their strengths.

Instructions and drills will include:

- 1 Shooting Techniques
- 2 Ball Handling
- 3 Passing
- 4 Footwork
- 5 Offensive Moves
- 6 Defensive Moves
- 7 Teamwork

PROGRAM DATES:

June 13 - June 30, July 11 - July 28
Monday - Tuesday - Thursday

SESSION I: 1:00 PM - 2:00 PM
SESSION II: 2:00 PM - 3:00 PM
SESSION III: 3:00 PM - 4:00 PM
SESSION IV: 3:00 PM - 4:00 PM

LOCATION:

Meadow Creek Sports Center

PROGRAM COST:

\$150 (\$50 rebate if student attends 14 sessions and hands in form by June 1st)

ADDITIONAL OPPORTUNITIES:

- Sign up for Summer Tournaments
- 50,000/75,000 Shot Club
- Open Gym
- Strength & Conditioning Program



FOR MORE INFORMATION
CONTACT:

JP Lindgren @ 763.427.4595, ext. 452

Please Note: All students must have a physicians approval to participate in the Individual Training Program.

