

## **Blueprint Skills Training #1**

September 2, 9, 16, 23, 30 Oct 7, 14, 21

Epiphany Center

4:45 – 6-8th Skills Training Combined (60 min)

6:00 – 2nd-4th Grade Skills Training (45min)\*\*

7:00 – CAD (Playmaker)/Paint Crew (Post)

8:00 – 9-12th Grade Skills Training Boys

\*\*2-4th does not meet Oct 14, 21

### **Individual Blueprints I**

September 2, 9, 16, 23 4:00-4:45

### **Individual Blueprints II**

Sept 30, Oct 7, 14, 21 4:00-4:45

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## **Blueprint Skills Training #2**

August 30, September 13, 20, 27, October 4, 11 19

Sioux City North Middle School (Mondays)

4:00 - 3rd-5th Skills Training Boys (45min)\*

4:00 - 3rd-5th Skills Training Girls (45 min)\*

6:00 - 6-8th Skills Training Combined (60 min)\*

7:00 - 6-8th Skills Training Girls (60 min)

7:00 - 6-8th Skills Training Boys (60 min)

8:00 - 11th-12th Boys (60 min)

8:00 - 9-12th Girls (60 min)

\* does not meet Oct 11, 1

## **Sioux Falls - Blueprint Skills Training**

September 14, 21, 28 Oct 5, 12, 19, 26 Nov 2, 9, 16

Youth Enrichment Services Gym

6:15 – 3rd-5th Grade Skills Training (45min)

7:00 - 6-8th Grade Skills Training (60 min)

8:00 – Individual Blueprints I & II

### Individual Blueprints I

September 14, 21, 28, Oct 5, 12 8:00-9:00

### Individual Blueprints II

Oct 19, 26, Nov 2, 9, 16

# **Blueprint Skills Training - Late**

**Oct 28, Nov 4, 11, 18, 25, Dec 2, 9, 16**

Epiphany Center (Thursdays)

4:00 – 4nd-6th Grade Skills Training (45min)

5:00 – Team Skills Practice (by reservation)

Fees: 4-6th Skill Sessions: \$160 (max 8 players/instructor)

Team Skill Sessions:

TBD

## **Individual Blueprints**

Aug 30, Sept 13, 20, 27 Oct 4

4:45-5:30

## **Blueprint 5-6th Grade**

### **Boot Camp**

**Oct 11, 18, 25, Nov 1, 8**

(click camp for registration information)

Sessions are 30 minutes of intense basketball fundamentals and 30 minutes of intense basketball specific conditioning! WARNING: These sessions will push you to your limits to get you ready for the season!

### **Blueprint 6-8th Grade**

#### **Boot Camp**

Oct 11, 18, 25 Nov 1, 8

North Middle School 5:00-6:30

Oct 29, Nov 5, 12

Epiphany Center 4:00-5:30

Sessions are 45 minutes of intense basketball fundamentals and 45 minutes of intense basketball specific conditioning! WARNING: These sessions will push you to your limits to get you ready for the season!

## **Blueprint High School**

### **Boot Camp**

Oct 25, Nov 1, 8

North Middle School 7:00-9:00

Oct 28, Nov 4, 11

Epiphany Center 7:00-9:00

Sessions are 50 minutes of intense basketball fundamentals and 50 minutes of intense basketball specific conditioning! WARNING: These sessions will push you to your limits to get you ready for the season!

# **Individual Blueprints**

Sioux City East MS (Wednesdays) September 8 – December 8  
4:30-8:30 By Appointment

Epiphany Center (Thursdays)

September 2 – December 16

3:00-4:00 By Appointment

Instructor: Deb Remmerde

Orange City -  
Fall Skills Sessions

Orange City - Town Hall