



Blueprint **BOOT** CAMP

Grades 9-12

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!



Cost: \$180
Questions? Brandon.woudstra@cnos.net

BLUEPRINT BASKETBALL TRAINING

Fill out registration form below and mail with payment to Brandon Woudstra, 3555 420TH St., Orange City, IA 51041
Make check payable to: BLUEPRINT BASKETBALL

Name _____ School _____ Grade _____
Email _____ Phone _____
T-Shirt Size: YS YM YL S M L XL XXL Sex _____ Time/Program: _____

I, hereby for myself, my heirs, executors and administrators, waive and release any and all claims or actions for damages that I may have against CNOS, BLUEPRINT BASKETBALL, SSMF, the Siouxland Surgery Center and the Sioux City Community School District, its officers, trustees, directors, employees, and agents arising out of or connected in any way with my participation in recreational activities at CNOS and the above mentioned school, even though that liability may arise out of negligence or carelessness on the part of the persons mentioned above. I understand that physical injury could result from my participation in physical activities and knowing this risk, nevertheless, I hereby agree to assume those risks and to release and hold harmless all of the persons mentioned who might otherwise be liable to me or any member of my family for damages.

Athlete _____ Date _____
Parent Signature _____ Date _____ Total Amount: \$ _____