

BLUEPRINT BASKETBALL



BUILD YOUR GAME

www.blueprintbball.com

**Blueprint Skills Training:
With Deb Remmerde**

LeMars Girls' Basketball

Friday: June 3

**Wednesdays: June 8, 15, 22, 29,
July 13, 20**

**1:00pm 9th-12th Grade
2:00pm 5th-8th Grade**

Blueprint Skill Sessions: A comprehensive basketball skills program. Players will receive instruction in all aspects of the game using breakdown and live drills. Our progressive training methods allow players to maintain and review previous skills while attaining and sharpening new ones.

Questions?: Please email Deb: dremmerde1@hotmail.com

**Fee:
\$150
(max 8 players/session)**

Blueprint Basketball is a comprehensive basketball program training players to be successful in both basketball and in life. Our desire is for players to strive for their personal goals and attain John Wooden's ultimate definition of success... "success is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best that you are capable of becoming." Each player's blueprint for success will vary according to goals, abilities, and desire, but basketball's blueprint for success remains the same (Fundamentals, Work, Belief, Competitive Spirit, & Joy).

BLUEPRINT BASKETBALL TRAINING

Fill out registration form below and mail to Deb Remmerde, 2691 340th St., Rock Valley, IA 51247

Makes check payable to: BLUEPRINT BASKETBALL

Name: _____ School: _____

Email: _____ Phone: _____

T-Shirt Size: YS YM YL S M L XL XXL Grade (fall '11): _____ Time: _____

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 LeMars 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 Signature _____ Date _____

Parent Signature _____ Date _____

Total Amount: \$ _____