

## Registration Form

Name: \_\_\_\_\_

Grade Fall 2011: \_\_\_\_\_

Address:

\_\_\_\_\_

Town: \_\_\_\_\_

Zip: \_\_\_\_\_

Tel: H \_\_\_\_\_

Cell: \_\_\_\_\_

Email: \_\_\_\_\_

Weeks You Are Registering:

### **HIGH SCHOOL**

\_\_\_ Week 1 July 11 - 14

\_\_\_ Week 2 July 25 - 28

### **MIDDLE SCHOOL**

\_\_\_ Week 1 July 18 – 21

\_\_\_ Week 2 Aug 1 – 4

Cost: \$150 per week

Check Made payable to 'Longfellow Sports Club'. Please mail to the address on this brochure or pay at the Front Desk.

A waiver will need to be signed by each student or parent if under 18.

## Contact Information

Longfellow Sports Club

203 Oak Street

Natick MA 01760

Tel: 508 653 4633

Fax: 508 650 4986

Email:

[longfellowkids@gmail.com](mailto:longfellowkids@gmail.com)

## Contact Name:

Caroline Donahue



# Longfellow Basketball Academy

## 'Summer Clinic'

with Derek Vogel



Longfellow Sports Club

203 Oak Street Natick MA 01760

Tel: 508 653 4633

Longfellow is now offering a Summer Basketball Clinic for High School and Middle School Students!

## Coach Derek Vogel

Derek is Maine's All-Time Collegiate Scoring Leader! He played 8 years professional basketball in top European Leagues, and has 14 years of experience teaching and coaching basketballs skills and fundamentals to players of all levels. Derek has a vast experience of teaching sports training and conditioning to young athletes and we are excited to have Derek be at Longfellow this summer! Derek lives with his wife, Renate and his son, Sam.



## Fitness Trainer

Longfellow will be providing players with a certified personal trainer for one hour each evening to work on core strength training, conditioning, speed, agility and quickness.



## Registration Information

Dates:

High School (9<sup>th</sup> - 12<sup>th</sup> Grade)

July 11 – 14, 2011

July 25 – 28, 2011

Monday - Thursday

7 pm – 9:30 pm

Middle School (7<sup>th</sup> - 8<sup>th</sup> Grade)

July 18 – 21, 2011

August 1 – 4, 2011

Monday – Thursday

7 pm – 9:30 pm

Cost:

\$150 per week

Includes T-Shirt

Limited Spaces per class (16) so sign up early! It is recommended that players try to sign up for the two weeks!

longfellowkids@gmail.com

## Class Description

**Day 1:** Initial Meeting

Core Strength/Development Class

- 30 min

Basketball Skills & Development – 1 hr

Conditioning/Plyometrics - 30 min

Strength Training - 30 min

**Day 2:**

Fitness Room Jump Rope Class 30 min

Basketball Skills & Development -1 hr

Cycle Studio - 1 hour

**Day 3:**

Core Strength/Development Class

- 30 min

Basketball Skills & Development – 1 hr

200 Shots - 30 min

Strength Training - 30 min

**Day 4:**

Basketball Skills & Development – 1 hr

Games - 1 hour

Stretch/Meeting /T Shirts – 30 min

*"You can practice shooting eight hours a day, but if your technique is wrong, then all you become is very good at shooting the wrong way. Get the fundamentals down and the level of everything you do will rise."*

Michael Jordan