



# 2019 SPRING / SUMMER BASKETBALL IMPROVEMENT OPPORTUNITIES

## SPRING

### **-NEW - ETS Spring Lifting**

ETS trainers will run an off-season lifting program for any athlete looking to improve strength, speed, and mobility. All players not participating in a spring sport are encouraged to participate in this excellent opportunity to become a better athlete.

**WHERE:** Forest Lake High School weight room

**WHEN:** M, T, Th, F (no Wednesday sessions) beginning Monday, April 1st

**REGISTRATION:** Sign up using "Fee Pay" on the Forest Lake High School website

*Login to ParentVue  
and StudentVue on  
the Forest Lake High  
School website to access  
"Fee Pay"*

Forest Lake Area High School  
Forest Lake Area Schools

District Home School Websites

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RANGER TERRITORY

Nutrition Services ParentVue & StudentVue Here Comes the Bus Sign In

# **SUMMER**

## **Advanced Skills and Summer Camp**

Sessions include advanced skill instruction in shooting, ball handling, and offensive/defensive concepts. Camp will also include 3-on-3, 5-on-5, and Fast Break League play.

**-NEW -** Each session will include ETS Strength and Conditioning. These sport-specific workouts are led by licensed ETS trainers and designed to improve players' strength, speed, and mobility and reduce the chance of injury.

**WHERE:** Forest Lake High School South Field House and Weight Room

**WHEN:** Mondays / Wednesdays: 10:00am-1:00pm **AND** Fridays Noon-1:30pm

**BEGINS:** June 10th **ENDS:** July 26th (no camp the week of 7/1)

**REGISTRATION:** Forest Lake Community Education Website

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## **-NEW - Stillwater Summer League**

We will play 12 games over the course of June and July against local opponents from Minnesota and Wisconsin in both Varsity and JV League formats. All games will take place at Stillwater High School on Tuesday evenings.

**WHERE:** Stillwater Area High School Main Gym and Field House

**WHEN:** Tuesday evenings: JV 6:00pm and 6:50pm / Varsity 7:40pm and 8:30pm

(game times may vary; schedule above was from Stillwater's 2018 Summer League)

**REGISTRATION:** Please submit a check in the amount of \$75 to Coach Cremisino written out to "Full Court Club" **BEFORE MAY 1st.**; team placement determined by coaches; see attached info sheet for more details

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## **-NEW - UW-Stevens Point Team Camp**

**(\*\*\*\*PARTICIPATION TO BE DETERMINED\*\*\*\*)**

We will compete against teams from multiple states in divisional league play for the first two days of camp, and conclude day three with a single-elimination championship tournament. Players stay in UWSP dorms and eat at the campus dining center. This will be a great opportunity to complete our summer with a fun and competitive weekend and take advantage of some team-bonding time.

**WHERE:** University of Wisconsin - Stevens Point, Stevens Point, WI

**WHEN:** Friday, July 19th - Sunday, July 21st

**REGISTRATION:** All registration forms will be distributed during first week of summer camp and collected within the next week. See attached brochure for more details.

