

# NEXT LEVEL

## Individual Instruction

### INSTRUCTION PHILOSOPHY:

The purpose of individual instruction is to develop the skill level of each participant through 1 on 1 or small group workouts with the staff and players from Jamestown College. Whether you are an athlete who is just beginning your development or an experienced athlete who has the desire to increase your level of play, we will work with you to accomplish your goal of taking your game to the "NEXT LEVEL".

The workouts will range from the basic fundamental skills of dribbling, passing, and shooting to more specialized concepts such as; finishing around the basket, shooting off the dribble and cuts, attack moves, post moves and moving without the basketball concepts.

Through communication with our staff we can tailor your workouts to ensure that we help you accomplish your goal of becoming a better basketball player.

### AGE GROUPS

**YOUTH:** Grades 1-4

**ADVANCED:** Grades 5-8

**HI-PONTENTIAL:** Grades 9-12

\*Individual Instruction is available to boys and girls.



### NEXT LEVEL - COORDINATOR JEFF TRUMBAUER

Coach Trumbauer has been coaching at the collegiate level for 11 seasons and just completed his 5<sup>th</sup> season as the head coach at Jamestown College. During his tenure at

Jamestown his teams have been extremely competitive in the Dakota Athletic Conference, winning the DAC title in 2008. He has helped develop 4 All-Americans and 11 All-Conference performers.

### NEXT LEVEL – SCHEDULE

- Each Session will last approximately 45 minutes.
- Sessions will be arranged based on each participant and the staff's schedules.
- Workouts will run from May 15<sup>th</sup> through August 1<sup>st</sup>.
- It is recommended that 1-2 sessions be conducted per week.
- Location will be determined after the schedule has been set.
- Sessions are limited so instruction will be available on a first come first serve basis.

For more information please email: [jtrumbau@jc.edu](mailto:jtrumbau@jc.edu)  
Or call Coach Trumbauer – 701-368-2028

### NEXT LEVEL – PRICING

#### INDIVIDUAL PRICING

<u>NUMBER OF SESSIONS</u>	<u>PRICE</u>
4	\$100
8	\$175
12	\$250
16	\$300

#### GROUP PRICING (2-5)

<u>NUMBER OF SESSIONS</u>	<u>PRICE</u>
4	\$75 / Person
8	\$150 / Person
12	\$200 / Person
16	\$250 / Person

### NEXT LEVEL REGISTRATION

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

Address: \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Contact Phone Number: \_\_\_\_\_

Grade Level: \_\_\_\_\_

Preferred Workout Date and Times:

Parental Signature: \_\_\_\_\_

\_\_\_\_\_ Date: \_\_\_\_\_

\*\*I hereby acknowledge the health of my child to be ready for the vigorous activity of basketball in the Next Level instruction and authorize the supervisors to serve any emergency treatment necessary and that I hereby release the supervisors, Jamestown College, YMCA and Jamestown Public School from all claims on the account of any injuries which may be sustained by my child while attending camp.