



**Tim Theisen, Varsity**  
**Cullen DeVries and Neil Swanson, - Varsity Assistant, Royce Winford – JV Coach**  
**Bradford Johnson Jordan Roue 10<sup>th</sup> Grade Team,**  
**Donald Ferguson, 9<sup>th</sup> A Team Kevin Green and Chris Anderson, 9<sup>th</sup> Grade B Team**

Office: (763) 391-8500 ext. 32272      Cell: (763) 438-5261      E-Mail: [Theisent@district279.org](mailto:Theisent@district279.org)  
 Activities Office: (763) 391-8500 ext. 32129  
 Athletic Fax: (763) 391-8537

**TO:** All potential Varsity, JV, sophomore, 9<sup>th</sup> and 8<sup>th</sup> grade boys basketball players (Grades 8-12)  
**Re:** Summer workouts, Team camps, and Open Gyms 2019

**Expectations for the Osseo Basketball Program**

After the Osseo Varsity team failed to reach the Region Finals for the first time in 5 years, there is a hunger from our players to work hard this off-season to get us back to the region finals and into the state tournament next year. Add to that, our lower levels that enjoyed tremendous success at every level.... There is willingness, and a desire, to get Osseo Basketball back on top of the conference, regions, and State again next year...and it starts this summer! This basketball program is losing 5 seniors who spent many hours in the weight room and countless repetitions shooting baskets in the gym to put Osseo Basketball on the map. Who will fill these spots? That potentially will be determined by the individual improvements made by many of you. So, this summer we have put together a team Camp and an individual workout schedule that will offer our team **opportunities in individual improvement and team development**. Here are the 4 different types of structured basketball experiences that will be provided for you:

**OSSEO BASKETBALL ACADEMY – SUMMER 2019 - \$65 Dollars**

The Osseo Basketball Academy is an intense series of camps (both team and individual) for players entering grades 8 through 12 that are looking to improve and advance through the Osseo Orioles boys’ basketball program. It will take place on Tuesdays, Wednesdays, and Thursdays of each week in June and July (except for the 4<sup>th</sup> of July Week). Players will be directed by Trainer Pat Freeman and the Osseo coaching staff in all aspects of the game, with the goal of improving skills for the upcoming season and beyond. There are 4 parts to this formula:

**Part 1 OSSEO BOYS BASKETBALL TEAM DEVELOPMENT CLINIC (June 3<sup>rd</sup> – 5<sup>th</sup>) (\$25)**

**Boys entering grades 8 – 12**

This high intensity basketball clinic will focus on implementing the Osseo Basketball Team’s main Offensive transition, set plays, and defensive philosophy for the summer. It is a clinic designed for players who want to become a better basketball player within our system. The Osseo coaching staff will help in the development of skills pertaining to our program. For program Content, contact Tim Theisen, head basketball coach: 763-438-5261  
 Osseo Senior High – Main Gym

**Monday – Wednesday, June 3-5      5:00-7:00 PM in the afternoon      Osseo High School – Main Gym**

**Part 2. Individual Workouts/ Morning Open Gyms: (June 11<sup>th</sup> – July 25<sup>th</sup>) (\$40)**

**Workout times are: 9:00- 9:45 for incoming juniors and seniors/ 10:15-11:00 AM for incoming 8<sup>th</sup>, 9<sup>th</sup>, and 10<sup>th</sup> graders every Tuesday and Thursday)**

12 sessions of 45-minute workouts designed to make you a better player in the following areas: **ATTACKING THE RIM, SHOOTING, and DRIBBLING**...This will be run by **Pat Freeman (Former Timberwolves Camp Director)** and Osseo high School Coaching Staff

**These individual workouts will be on the following dates:**

**June: 11, 13, 18, 20, 25, 27**  
**July: 9, 11, 13, 18, 20, 25, 27**

**Part 3. Osseo Basketball Academy – Osseo Offensive Camp/ Open Gyms:** Every *Wednesday Morning in June and July from 9:00-10:30*. Assistant Coaches Neil Swanson and Cullen DeVries will work on implementing our Offensive system (Motion, 1-4, Continuity Ball Screen, and 15 of our set plays) that will be used for the summer tournaments as well. Open gyms will be available after where you can go up and down or do anything you need to do to work on your game. Alumni are also up there playing- this is a great way to play against good competition!

**Part 4. Summer Tournaments:** We will be going to a few team tournaments this summer. Typically, we go to 1-2 Varsity/ lower level tournaments as a team. IF YOU ARE ASKED TO PARTICIPATE IN A TEAM SUMMER TOURNAMENT, YOU WILL BE ASKED TO PAY \$15 PER SESSION YOU PLAY/INVITED TO PLAY IN. Here are the following camps we are signed up for

- June 12<sup>th</sup> – MN Breakdown Tournament- St. Michaels-Albertville High School (Wednesday)
- July 10<sup>th</sup> – MN Breakdown Tournament- Anoka Ramsey Community College (Wednesday)
- July 28<sup>th</sup> - MN Breakdown Tournament- St. Michaels-Albertville High School (Wednesday)



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*(These summer tournaments could be set up for all players. Depending on the interest, I would like to get 2-3 teams in each tournament: Varsity, JV, and sophomore levels.)*

## **Osseo Basketball Academy 2019 Payment Form**

*Please Return this form completed to Coach Theisen by Wednesday May 29<sup>th</sup>*

**Name:** \_\_\_\_\_ **Grade:** \_\_\_\_\_

**Cell Phone Number:** \_\_\_\_\_

\_\_\_\_\_ **Payment for Summer 2019 Osseo Basketball Academy - \$65 (Make check out to Osseo Hoops)**

- *The cost for participation is still \$65 dollars whether you make only one aspect of the summer or can participate in everything\**

The Following information is for the Coaches. This will be to see who is available to play in the weekend tournaments during the summer. This does not guarantee you will be playing in those tournaments; it just lets the coach know that you are available if needed.

**Please check with your parent’s schedule, your work schedule, and other sports schedules and return back to coach Theisen ASAP.**

**Please check which Team camp you can participate in this summer.**

*If there is enough interest from the lower levels, we will put together additional teams!*

<u>Event</u>	<u>Date</u>	<u>Are you available</u>
Breakdown Tournament- St. Michael Albertville	Wednesday June 12 <sup>th</sup>	_____
Breakdown Tournament- Anoka Ramsey Com. Col.	Wednesday July 10 <sup>th</sup>	_____
Breakdown Tournament – Maple Grove Junior High	Wednesday July 28 <sup>th</sup>	_____

**PLEASE HAVE REGISTRATION / MONEY TURNED INTO COACH THEISEN BY WEDNESDAY MAY 29<sup>th</sup>**