



PROGRAM GUIDE

LONESTAR SPORTS CENTER, FRISCO

Volleyball & Basketball

Club, Leagues, Camps, Clinics,

Performance Training

1st-12th Grades

Registration will close without notice once capacity is met. Please check individual program dates for registration deadlines.

Cancellation Policy: Cancellations must be submitted in writing prior to the close of regular registration.

A \$35 administrative fee is non-refundable. NO REFUNDS after registration closes.

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LoneStar Sports Program Guide

Register on-line for all programs

Volleyball: www.LoneStarVolleyball.net
Basketball: www.LoneStarHOOPS.net

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Competition, Leagues and Teams

Athlete Age Definitions for LoneStar Programs (Summer 2017 – Spring 2018)

18U	Sept 1, 1999 - Aug 31, 2000	15U	Sept 1, 2002 - Aug 31, 2003	12U	Sept 1, 2005 - Aug 31, 2006
17U	Sept 1, 2000 - Aug 31, 2001	14U	Sept 1, 2003 - Aug 31, 2004	11U	Sept 1, 2006 - Aug 31, 2007
16U	Sept 1, 2001 - Aug 31, 2002	13U	Sept 1, 2004 - Aug 31, 2005	10U	Sept 1, 2007 - Aug 31, 2008

Frisco Youth Volleyball League | Winter & Summer – 7 weeks Spring & Fall – 9 weeks

Bump, Set, Spike.... LoneStar Youth Volleyball League serves up fun!

1st – 6th Grades Recreational Teams

10U – 16U Junior's Competitive & Select Teams



Weekly scheduled practice
Individuals and Existing Teams Welcome
Professional & Volunteer Coach Options

8 matches and 1 tournament each season
1 game T-shirt
Friend Requests Accepted

Recreation Division, 1st – 6th Grades
Competitive Division, 10U – 16U Juniors
Club Preparation Teams

Volunteer coaches are always needed for the recreational and competitive division of each age group. We offer pre-season training, a coaching manual with practice plans and a discount for 1 coach's player on the team. Contact us at info@LoneStarVolleyball.net, if interested.

Event	SUMMER 2017 (7 weeks)	FALL 2017 (9 weeks)
Regular Registration Opens Regular Registration Ends	Wednesday, April 12, 2017 Friday, June 2, 2017, 11:59p	Monday, June 12, 2017 Wednesday, August 30
Late Registration will only be accepted if space is available. Email us at info@LoneStarVolleyball.net to request a late registration.	Wednesday, June 7, 2017, 5:00p	Friday, Sept 1, 2017, 5:00p
Select Team Tryouts 10U/11U/12U 13U/14U/15U/16U)	Wednesday, June 7 5:30p-8:00p 7:30p-10:00p	Wednesday, August 30 5:30p-8:00p 7:30p-10:00p
Volunteer Coach Orientation, Court Training and Practice Schedule Release Note: At least 1 coach from each team must attend the duration of this meeting to participate in practice selection.	Wednesday, June 14, 6:00p	TBD
Athlete Clinic – walk up and pay cash or check at the door Recreational Teams & Players \$10/player Competitive, Select & Select Elite Teams & Players \$15/player	Saturday, June 17, 2017 9:00a-10:30a (Recreational) 10:30a-12:30p (Competitive, Select)	Saturday, Sept 9, 2017 (TENTATIVE) 9:00a-10:30a (Recreational) 10:30a-12:30p (Competitive, Select)
Practice Begins	Week of June 18	Week of September 11
Photos for Roster IDs (\$10 one-time purchase during first week of practice) (Any make-up photo appointments will be a \$15 one-time purchase)	First week of practice only - Monday-Friday, 5:30p-8:00p	
Matches held on Saturdays for Fall and Summer seasons and Fridays for Winter and Fridays/Saturdays for Spring seasons	Saturdays, June 24 – July 29, 9:00a-2:00p (approximately)	Saturdays, Sept 23, 9:00a-2:00p (approximately)
Tournament New Tournament Format for Competitive/Select Teams (see notes below)	Recreational: Saturday, August 5, 8:30a-12:30p Competitive/Select: Sat. August 5, 1p-6p Pool Play Sun, August 6, 1:30p-6:30p Bracket Play	Recreational: Saturday, Nov 11, 8:30a-12:30p Competitive/Select: Sat. Nov 11, 1p-6p Pool Play Sun, Nov 12, 1:30p-6:30p Bracket Play



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Pre-Season Athlete Clinics - Back by popular demand, the pre-season clinics will include professional coaches to provide skills training.

Fee: \$10 for recreational teams/athletes and \$15 for competitive and select teams/athletes.

- No registration required. Cash or check at the door. Participants MUST be registered youth league players.
- Volunteer coaches are welcome to attend at no charge. This will provide Volunteer Coaches with additional court training.

Frisco Youth Volleyball League Notes:

- A one-time ID coach/player photo must be purchased for \$10 as proof of registration. After the first week of scheduled photo ID sessions, alternate dates MAY be scheduled, however, the purchase price is \$15.
- Athletes must play in their current grade/age or may play up one grade/age. Athletes may play on more than one team as long as they are not in the same division.
- Late Registration – Additional fee of \$35 is added for late registration. Late registration will be accepted only if there are openings on teams.
- Athletes are not assigned to teams based on practice preference nor are they moved from team to team to accommodate practice preference.
- No jewelry allowed on the courts at any time.

Cancellation Policy: Cancellations must be submitted by email prior to the close of regular registration. A \$35 administrative fee is non-refundable.

- NO REFUNDS after registration closes, no exceptions.

New Tournament Format for Competitive/Select Teams

The end of season tournament will be formatted like a club tournament where teams will be seeded into pool play on Day 1 based on the regular season results and will then be placed into bracket play on Day 2 based on the results of pool play. This allows the teams to get more competitive touches on the ball and experience a club-like tournament environment.

- Individual awards will be presented to 1st and 2nd place teams in each bracket only.

Prepare Now for the 2017-18 Club Season with Club Select

The mission of LoneStar Club Select is to form teams to train and play together in order to develop player and team skills in preparation for the next club season. Teams will be coached by LoneStar Volleyball Club Coaches and practice once a week for two hours during each of the league seasons.

- Ages 10U to 16U
- Team rosters will be 10-12 players
- Tryouts will be conducted at the same date as regular Select tryouts prior to the start of league play. Athletes will have an option to be considered for a Club Select team and/or Select team.

Competitive Division - Participant is experienced, has played at least 3 previous seasons and is becoming confident with all skills and positions.

- **Club Select Teams** are formed through tryouts, therefore, teams are formed based on skill level.
- For athletes who desire to join a club team for the 2017-18 club season and wants to begin training now with LoneStar. Training will prepare athletes for the highly competitive environment of club volleyball with LoneStar Volleyball Club.
- Tryout fee is \$35 and is non-refundable. League fee will be refunded or transferred to another team if an offer is not extended.
- A professional LoneStar Coach will train the team in practices and manage all games.
- **NEW Tournament format** for Competitive/Select teams formatted like a club tournament (see notice above)
- Teams will remain together through the Winter and/or Spring league seasons to be assessed for formation to club teams for Summer and Fall leagues.
 - Athletes may be reassigned during the Summer and/or Fall leagues to begin forming club teams.
 - Club team formation may begin during Summer and Fall seasons. NOTE: LoneStar Volleyball Club is a separate program and requires a greater time and financial commitment. Details will be shared in August.
- Friend requests are not accepted as athletes are chosen by skill level.

For any further questions, please contact us at info@LoneStarVolleyball.net



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Basketball: www.LoneStarHOOPS.net

Summer Youth League Divisions, Teams and Fees (Rosters: 9 to 12 players) 7 Week Season

Recreational Teams / 1st – 6th Grades for Girls and Boys / Recreational Division (No tryout)

<p>New to limited experience teams & athletes</p> <ul style="list-style-type: none"> Teams & Individuals welcome One practice 1-hour each week Friend requests accepted Awards for all participants 1st-6th Rec 	<p>Volunteer Coaches</p> <p>1st – 3rd Grades Fee: \$125</p> <p>4th – 6th Grades Fee: \$135</p> <ul style="list-style-type: none"> Volunteer coaches receive a \$25 discount for 1 son or daughter playing on their team. 	<p>Professional Practice Coach Option for Recreational Teams</p> <p>Have a returning team with a Volunteer Coach, but want professional training? LoneStar professional coaches are available to train in practices for an additional, one-time fee. Limited availability. Volunteer head coach will register and indicate Hired Coach option in the registration form. Practice Coach (one-time additional fee): \$350</p>
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Competitive Teams / 10U-16U for Girls and Boys (up to 14 years) / Competitive Division (No tryout)

<p>Intermediate level teams & athletes</p> <p>Athletes should have at least 3-4 seasons of experience.</p> <p>NOT for new players!</p> <ul style="list-style-type: none"> Teams & Individuals One practice 2-hours each week Friend requests accepted 	<p>Volunteer Coaches</p> <p>Competitive Division Fee: \$160 **</p> <ul style="list-style-type: none"> Volunteer coaches receive a \$25 discount for 1 son or daughter playing on their team. **NOTE! New Tournament Format for Competitive/Select Teams. It will be a club-like format with pool play and bracket play over a 2-day weekend. 	<p>Professional Practice Coach Option Competitive Teams</p> <p>Have a returning team with a Volunteer Coach, but want professional training? LoneStar professional coaches are available to train in practices for Competitive teams for an additional, one-time fee. Limited availability. Volunteer head coach will register and indicate Hired Coach option in the registration form.</p> <p>Competitive Team Practice Coach (one-time additional fee): \$750**</p>
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LoneStar Coach Teams / 10U-16U and Boys (up to 14 years) / Competitive Division (Established Teams Only - No tryout)

<p>Intermediate - advanced level teams & athletes.</p> <p>Athletes should have 3-4 seasons of experience.</p> <p>NOT for new players!</p> <ul style="list-style-type: none"> Established teams only One practice 2-hours each week 	<p>**NOTE! New Tournament Format for Competitive/Select Teams: Club-like format with pool play and bracket play over a 2-day weekend.</p>	<p>LoneStar Professional Coach</p> <p>The LoneStar coach will train the team in practices and coach all games.</p> <p>LoneStar Coach Team Fee: \$320** per player</p>
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Select Teams / 10U-16U and Boys (up to 14 years) / Competitive Division (Tryout Required)

<p>Intermediate to advanced level athletes</p> <ul style="list-style-type: none"> Tryouts are required for Select teams (\$35 fee). Athletes are selected by skill level One practice 2-hours each week 	<p>**NOTE! New Tournament Format for Competitive/Select Teams: Club-like format with pool play and bracket play over a 2-day weekend.</p>	<p>LoneStar Professional Coach</p> <p>The LoneStar coach will train the team in practices and coach all games. Select Team - Fee: \$35 Tryout Fee and \$320** registration</p>
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Club Select Teams / 10U-16U and Boys (up to 14 years) / Competitive Division (Tryout Required) Prepare for Club!

<p>Intermediate to advanced level athletes</p> <p>Club Select teams are formed through tryouts. This competitive team is for athletes who desire to join a club team for the 2017-18 club season. Training will prepare athletes for the highly competitive environment of club volleyball with LoneStar Volleyball Club.</p> <ul style="list-style-type: none"> Tryouts are required for Club Select teams (\$35 fee). Selected by skill level Once on a team, there is no requirement for additional tryouts each season. Rosters 10-12 athletes One 2-hour practice each week with Club Level Professional Coaches Teams remain together through the Winter and/or Spring league seasons then assessed for formation to club teams for Summer and Fall leagues. <ul style="list-style-type: none"> Athletes may be reassigned during the Summer/Fall leagues to begin forming potential club teams. 	<p>LoneStar Professional Coach</p> <p>A LoneStar coach will train the team in practices and coach all games.</p> <p>Club Prep Team - Tryout Fee: \$35 tryout fee for new participants Regular season fee applies, however, there is no additional tryout required. Club team formation may begin during Summer and Fall seasons.</p> <p>NOTE: LoneStar Volleyball Club is a separate program and requires a greater time and financial commitment. Details will be shared in August.</p> <p>**NOTE! New Tournament Format for Competitive/Select Teams: Club-like format with pool play and bracket play over a 2-day weekend.</p>
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Practices: Sunday (2:00p-6:00p) and Monday through Friday (5:00p-10:00p) at LoneStar Sports Center, (earlier times available upon request). LoneStar will supplement practice courts by adding Frisco ISD gyms when additional courts are needed.

Early practice selection: Teams formed with a minimum of 1 coach and 9 paid athletes may select a practice schedule once the schedule is available.

Select Tryouts: Pre-registration is strongly required to ensure receipt of communication and will speed up sign in.

- The tryout fee of \$35 is not applied to the Select Team or Youth League registration fee.
- If an offer is not received for a Select team, the athlete may request to be placed on a competitive team in the unassigned pool and assigned to team



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Basketball: www.LoneStarHOOPS.net

LoneStar Volleyball Summer Club League 11U – 18U for 2017-18

Continue your club experience through the summer with LoneStar Summer Club Teams

- Train at LoneStar with a LoneStar Club Coach
- Compete against other club-formed teams in the Plano Volleyball Association League (PVA), Session II
- Tryouts required to be placed on a LoneStar team
- Sign up as a team or tryout for a team as an individual
- Pre-formed teams of 9-12 are welcome
- 8 to 10 matches per 5-week season with a tournament at end of season.



	Session II of PVA
Regular Registration Ends	June 20
Summer Club Team Tryouts	June 20 5:15p-7:45p 10U-12U June 20 7:30p-10:00p 13U-18U
Practice Begins Week of	July 3
Matches	Friday Nights July 7 – July 28 High School and July 7 – July 28 Middle School
Tournament	Saturday, July 29 (HS), Saturday, Aug 5 (all others)

Summer Club League	Type of Coach
Intermediate - advanced level athletes Fee for Tryouts: \$35 per athlete, per session Fee: \$320 per athlete, per session Fee: \$300 per athlete for High School Session II <ul style="list-style-type: none"> • Professional coaches on each team for practices and games • Tryouts required for LoneStar teams • Rosters 10-12 athletes per LoneStar team • One practice 2 hours each week • League registration • T-shirt jersey 	LoneStar Summer Club Teams with Professional Coaches The LoneStar coach will train in practices and coach all games. Pre-Formed Teams Bring your own team and we'll add a qualified LoneStar professional coach. Roster size must be 10-12. Tryouts are not required.

LoneStar Volleyball Club 2017-18 Pre-Season Clinics 9U – 18U for 2017-18

Prepare for the 2017-18 club season working with the LoneStar Club Coaches

Details will be posted soon! Programs begin in July. Visit the Club page of the website for announcements.



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Basketball: www.LoneStarHOOPS.net

cmases@nainsgroup.com

www.nainsgroup.com

LoneStar Volleyball Training

NOTE: Regular registration closes prior to the clinic. Late registration fee is applied and is only available if space is available. See notes for each program.



Academy I -- Now 6 weeks, lower hourly training rate & smaller groups

1st – 10th Grades / New to Volleyball through Limited Experience

The mission of Academy I is to teach players proper technique and execution of all fundamental skills in volleyball; passing, serving, attacking and setting. During each session, players participate in drills which foster skill development and proper mechanics. Coaches work closely with players on the court with the appropriate volleyball and net height to ensure they receive positive and constructive feedback throughout the course of the session.

Throughout the six weeks, players will receive an assessment report card clearly tracking the progress of the player's development. At the conclusion of the session, parents and players receive a final assessment report card including a direction for the best course of action for the player's developmental future.

Academy Fee: \$240 - 6 weeks New to Limited Experience Athletes <ul style="list-style-type: none">All skills training6 week sessions, 1 night per week for 2 hoursProfessional Coaches, 1:7 ratio NEW!!! Smaller groups for greater focus on individuals	Sundays Academy: 4:00p-6:00p	Sundays 06/04-07/16 07/23-08/27 09/10-10/15 10/22-12/03 Holidays: 07/02, 09/03, 11/19
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Academy II

10U – 18U / Intermediate Experience

Academy II is a 6-week intensive training program to further evolve mechanics and court strategy. Drills are designed to teach and develop the strategy of the game. Coaches work diligently with players to bring focus to everything taking place on the court and how each player has a role in the execution of the game.

Throughout the six weeks, players will receive an assessment report card clearly tracking the progress of the player's development. At the conclusion of the session, parents and players receive this assessment report card with a suggestion for the best course of action for the player's developmental future.

Registration Approval is Required! All players must have approval to join Academy II prior to registering. Contact us at training@lonestaryolleyball.net to begin the approval process.

Group Skills Assessment to Qualify for Academy II

If your athlete is interested in attending Academy II, but has not attended previously or does not have approval to register, they can attend the group Skills Assessment scheduled prior to each new session. Dates and times listed below.

Academy II Fee: \$310 - 6 weeks Group Skills Assessment: \$35 Intermediate to Elite Athletes <ul style="list-style-type: none">Focus on 3 to 4 skills per nightsOrganized competition to put mechanics into play6 week sessions, 1 night per week for 2 hoursProfessional Coaches, 1:10 ratio	Sundays Academy II: 6:00p-8:00p	Skills Assessment (Tryout) Registration Required 5:30p-7:00p 05/30 07/18 09/05 10/17	Sundays 06/04-07/16 07/23-08/27 09/10-10/15 10/22-12/03 Holidays: 07/02, 09/03, 11/19
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LoneStar Volleyball Small Group and Private Training

All Ages / All Experience Levels

LoneStar Volleyball offers small group and private lessons led by an experienced coaching staff specializing in all positions, skills and training. Training includes setting, positional hitting, passing, defense, blocking, the mental game, transition and footwork and performance training.

Submit requests for lessons from our website > left menu > second button > Private Lesson Request. The Scheduling Department will respond with a lesson confirmation based on your request, the coach's availability and our court schedule. A response to confirm the lesson(s) scheduled is required to formally book the lesson.

Hourly rates per athlete: 1- \$85, 2 - \$65, 3-5 - \$45, 6+ - \$35 Director: Add \$10 per athlete Senior Coach: Add \$5 per athlete <ul style="list-style-type: none">• Training plans customized to meet your athlete's training goals• All ages and levels of experience• Individuals and groups welcome (groups are formed by the client and are not formed by LoneStar)• Team training rates available on request• Flexible scheduling, one hour sessions with professional coaches	To schedule lessons, click the Private Lesson Request button on the website at www.LoneStarVolleyball.net (2 nd button in the left Site Menu). Information needed to schedule a lesson: Grade attending, training goals, preferred day of week for training, number of lessons requested and coach request if there is a preference.	Continuous scheduling available year around
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LoneStar Volleyball Summer Camps and Clinics



Serving and Passing Clinics

4th – 6th Grades Recreational / 10U-16U Competitive-Select / Beginners to Intermediate Experience

Separate classes for Beginners and Intermediate athletes. This training provides options specifically for recreational, competitive and select athletes. Choose the skill you wish to focus on for each camp series (one skill per camp series). Athletes may build a personal training plan based on the skills they wish to improve upon by attending multiple clinics. **Registration required.** *Regular registration closes 2 business days prior to the clinic. Late registration, if available, is an additional \$10.

Fee: \$30 per athlete/per clinic <ul style="list-style-type: none">• Focus on an individual skill per clinic• 1:10 Coach to Player Ratio• Professional Coaches, group training• 2 hours each clinic	Rec/Competitive /Select Serving 5:15p – 7:15p Passing 7:15p – 9:15p	June Thursday 06/01 06/15
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Youth League Team Camp – Full Teams Only

1st – 6th Grades Recreational / 10U – 16U Competitive/Select / Beginners to Intermediate Experience

For Beginner's to Intermediate Experience, the Team Camp will provide an opportunity for youth league teams to train with LoneStar professional coaches through skill based games. Teams will be grouped by grade (Recreational) or age (Competitive/Select). **Team Registration by Head Coach required. Minimum of 9 players and maximum of 12 players per team.** *Regular registration closes 5 business days prior to the clinic. Late registration, if available, is an additional \$25.

Fee: \$125 per athlete/per camp <ul style="list-style-type: none">For existing teams only. LoneStar will not create teams from individual players.Focus on all game playMaximum of 12 players per teamProfessional Coach, 1:1 team Ratio4 hours each day for 2 days	Beginners to Intermediate Experience (2 days per camp) 1:00p-5:00p	June Monday and Tuesday 06/12 and 06/13	July Thursday and Friday 08/10 and 08/11
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Volley Camp

1st – 6th Grades / Beginners to Limited Experience

For Beginner's to Limited Experience, the Volley Camp will provide an opportunity for athletes to train with the LoneStar professional coaches on skill mechanics through skill based drills and games. Athletes will be grouped by appropriate accommodations; net height and ball size. The camp will also provide opportunities to enhance volleyball IQ and increase volleyball game comfort through small group games and multiple touch drills.

Registration required. *Regular registration closes 2 business days prior to the clinic. Late registration, if available, is an additional \$25.

Fee: \$100 per athlete/per camp <ul style="list-style-type: none">Focus on all skillsProfessional Coach, 1:12 Ratio3 hours each day for 2 days	Beginner's to Limited Experience (2 days per camp) 1:00p-4:00p	June Monday and Tuesday 06/19 and 06/20	July Monday and Tuesday 07/20 and 07/21	August Thursday and Friday 08/17 and 08/18
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Middle School Skills Camp

7th and 8th Grades / Beginners to Limited Experience

For Beginner's to Limited Experience, the Middle School Skills Camp will provide an opportunity for athletes to train with the LoneStar professional coaches on skill mechanics through skill based drills and games. This camp will also provide opportunities to enhance volleyball IQ and increase volleyball game comfort through small group games and multiple touch drills. *Regular registration closes 2 business days prior to the clinic. Late registration, if available, is an additional \$25.

Fee: \$100 per athlete/per camp <ul style="list-style-type: none">Focus on all skillsProfessional Coach, 1:12 Ratio3 hours each day for 2 days	Beginner's to Intermediate Experience (2 days per camp) 1:00p-4:00p	June Monday and Tuesday 06/19 and 06/20	July Thursday and Friday 07/20 and 07/21	August Monday and Tuesday 08/17 and 08/18
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Club Elite Athlete Camp by LoneStar Club Top Team Coaches

Club 11U-18U – Advanced Experience – Club Experience Required

High-level, strategic skills and competition training for intermediate to advanced club players. Players will be grouped according to age and skill level. Training will be conducted by LoneStar's Elite Team (top team) coaches. Drills and competition will further develop techniques and skills. **Registration required.** *Regular registration closes 2 business days prior to the clinic. Late registration, if available, is an additional \$25.

Fee: \$265 per athlete per camp <ul style="list-style-type: none">Morning session will focus on skills and mechanicsAfternoon session will focus on competition, 16.5 hours total per camp seriesProfessional Coaches, 1:15 RatioLunch is provided by BlueStar Café and is included in the fee. Items available for purchase.	3 Day Camp Monday - Wednesday 9:00a – 4:00p (Lunch 11:30a-1:00p)	July 07/10 – 07/12
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High School Camp

High School (9th – 12th Grades Only) – Intermediate to Advanced Experience

Necessary training to prepare athletes for high school tryouts. Training will concentrate on skill development focusing on passing, serving, hitting, setting, defense and blocking. Skill development is integrated into multiple skill drills and game play situations. **Registration required.** *Regular registration closes 2 business days prior to the clinic. Late registration, if available, is an additional \$25.

Fee: \$200 per athlete per camp <ul style="list-style-type: none">Morning session will focus on skills and mechanicsAfternoon session will focus on competition, 11 hours total per camp seriesProfessional Coaches, 1:15 RatioLunch is provided by BlueStar Café and is included in the fee. Items available for purchase.	2 Day Camp Thursday and Friday 9:00a – 4:00p (Lunch 11:30a-1:00p)	July 07/20 and 07/21
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LoneStar Club Coach Camp by LoneStar Club Coaches

Club 10U-18U – Intermediate Experience

Skills and competition training for intermediate to advanced club players. Players will be grouped according to age and skill level. Training will be conducted by LoneStar's Club and training coaches. Drills and competition will further develop techniques and skills. **Registration required.** *Regular registration closes 2 business days prior to the clinic. Late registration, if available, is an additional \$25.

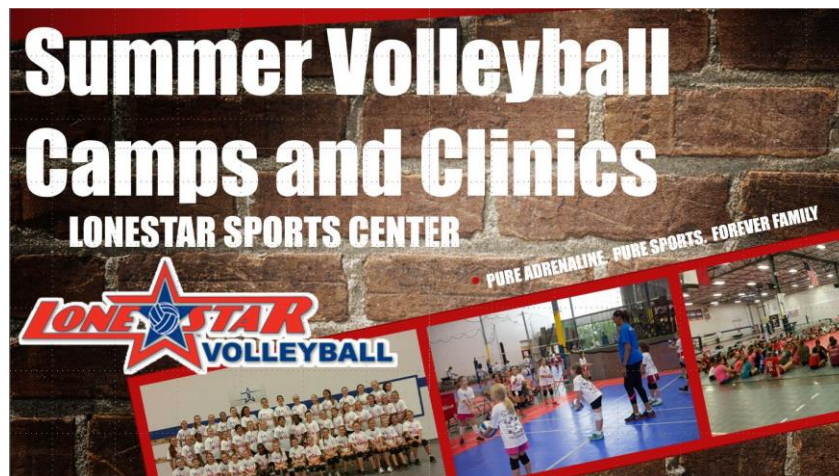
Fee: \$265 per athlete per camp <ul style="list-style-type: none">Morning session will focus on skills and mechanicsAfternoon session will focus on competition, 16.5 hours total per camp seriesProfessional Coaches, 1:15 RatioLunch is provided by BlueStar Café and is included in the fee. Items available for purchase.	3 Day Camp Monday - Wednesday 9:00a – 4:00p (Lunch 11:30a-1:00p)	July 07/17 – 07/19
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Middle School Tryouts Prep Camp

Middle School (7th and 8th Grades Only)

Necessary training to prepare athletes for middle school tryouts. Training will concentrate on skill development focusing on passing, serving, hitting, setting, defense and blocking. Skill development is integrated into multiple skill drills and game play situations. **Registration required.** *Regular registration closes 2 business days prior to the clinic. Late registration, if available, is an additional \$25.

Fee: \$265 per athlete per camp <ul style="list-style-type: none">Morning session will focus on skills and mechanicsAfternoon session will focus on competition, 16.5 hours total per camp seriesProfessional Coaches, 1:15 RatioLunch is provided by BlueStar Café and is included in the fee. Items available for purchase.	3 Day Camp Monday - Wednesday 9:00a – 4:00p (Lunch 11:30a-1:00p)	August 08/07 – 08/09 08/14 – 08/16
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Basketball: www.LoneStarHOOPS.net

LoneStar HOOPS Basketball Clinics



Mini Shooters Basketball Skills Camp

1st – 4th Grades / New to Limited Experience

For Beginner's to Limited Experience, the Mini

*Shooters Camp will provide an opportunity for athletes to train with the LoneStar professional coaches on skill mechanics through skill based drills and games. Athletes will be grouped by age. The camp will also provide opportunities to enhance basketball IQ and increase game comfort through small group games and skill drills. **Registration required.** *Regular registration closes 2 business days prior to the clinic. Late registration, if available, is an additional \$25.*

Fee: \$150 per athlete/per camp <ul style="list-style-type: none">Focus on all skillsProfessional Coach, 1:12 Ratio3 hours each day for 3 days	Beginner's to Limited Experience (3 days per camp) 9:00a-12:00p	June Wednesday - Friday 06/14-6/16 06/21-06/23 06/28-06/30	July Wednesday – Friday 07/05-07/07 07/26-07/28	August Wednesday - Friday 08/02-08/04
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Basketball All Skills Camp

5th – 8th Grades / New to Limited Experience and Intermediate to Advanced

*Basketball All Skills Camp will provide an opportunity for athletes to train with the LoneStar professional coaches on skill mechanics through skill based drills and games. Athletes will be grouped by age. The camp will also provide opportunities to enhance basketball IQ and increase game-play comfort through small group games and multiple touch drills. **Registration required.** *Regular registration closes 2 business days prior to the clinic. Late registration, if available, is an additional \$25.*

Fee: \$180 per athlete/per camp <ul style="list-style-type: none">Focus on all skillsProfessional Coach, 1:12 Ratio4 hours each day for 3 days	Beginner's to Limited Experience (3 days per camp) 1:00p-5:00p Intermediate to Advanced Experience (3 days per camp) 1:00p-5:00p	June Wednesday - Friday 06/14-6/16 06/21-06/23 06/28-06/30	July Wednesday – Friday 07/05-07/07 07/26-07/28	August Wednesday - Friday 08/02-08/04
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Basketball Shooters Camp

4th – 8th Grades / Intermediate to Advanced

*Basketball Shooters Camp will provide an opportunity for athletes to train with the LoneStar professional coaches on shooting skill mechanics through skill based drills and games. Athletes will be grouped by age. The camp will also provide opportunities to enhance basketball IQ and increase game-play comfort through small group games and multiple touch drills. **Registration required.** *Regular registration closes 2 business days prior to the clinic. Late registration, if available, is an additional \$25.*

Fee: \$180 per athlete/per camp <ul style="list-style-type: none">Focus on all skillsProfessional Coach, 1:12 Ratio4 hours each day for 3 days	Beginner's to Limited Experience (3 days per camp) 1:00p-5:00p Intermediate to Advanced Experience (3 days per camp) 1:00p-5:00p	June Wednesday - Friday 06/14-6/16 06/21-06/23 06/28-06/30	July Wednesday – Friday 07/05-07/07 07/26-07/28	August Wednesday - Friday 08/02-08/04
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LoneStar Sports Program Guide

Register on-line for all programs

Volleyball: www.LoneStarVolleyball.net

Basketball: www.LoneStarHOOPS.net

LoneStar Summer Sports Camps

Weekly Sports Day Camp (Monday-Friday)

3rd – 8th Grades / Boys and Girls / Full day or Half day

The LoneStar Summer Sports Camp will introduce your child to multiple team sports as well as other fun activities.

Adult supervision at all times. Intern students will participate in activities.

Registration required. *Regular registration closes 5 business days prior to each camp. Participants must be paid by close of registration to reserve space. Late registration fee is \$25. Walk ups accepted only if space is available. No refunds after registration closes.

Minimum of 30 campers required to hold camp.

Activities include (Teams divided by age grouping):

Volleyball

Basketball

Indoor Soccer

Flag Football

Bubble Smash

Dodgeball

Over Sized Games

Movie with Popcorn

DX3 Athlete Warrior Games

Lunch included for Full Day

Snacks included for all participants

Early Drop Off (7:00a) and/or Late Pick Up (6:00p) available by request only*

Full Day Camp (8:00a -5:30p) Fee: \$220 per participant/per week *	June 06/05 – 06/09 06/26 – 06/30	July 07/24 – 07/28	August 07/31-08/04
Half Day Camp (8:00a-12:00p) Half Day Camp (1:30p-5:30p) Fee: \$125 per participant/per week *			

NOTES: >> Additional \$15 per hour will be billed for late pick up if not requested during registration or after 6:00p. *

>> If a participant wishes to skip a scheduled sport, games and/or movie will be provided as an option.

>> A signed waiver is required for each participant

>> A 10% refund on a 2nd sibling will be applied at the close of Day 1

Summer Day Camp
LONESTAR SPORTS CENTER

SUMMER WON'T BE LONG ENOUGH WITH ALL THIS FUN!!!

10570 JOHN W. ELLIOTT DR., #600, FRISCO
WWW.LONESTARVOLLEYBALL.NET

LONESTAR CENTER

LoneStar Sports Program Guide

Register on-line for all programs

Volleyball: www.LoneStarVolleyball.net

Basketball: www.LoneStarHOOPS.net



DX3 Athlete Performance Training

Girls and Boys / Ages 7+



Team DX3 is a group of experts passionately committed to improving the lives of kids through Athletic Development and Lifestyle Performance. DX3 delivers an age and need-appropriate training regimen that is designed to meet kids where they are and take them where they want to be. DX3 teaches and practices a methodology of cognitive learning through instructional and physical application. Speed, agility and athleticism can be taught and continuously improved using the right methodology.

The key is to ensure the athlete understands the proper techniques, how to implement them and how they are applicable to their improved performance in their chosen sport or activity. We are not ordinary, like the other guys or just another workout program...DX3 is about changing lives while instilling passion and confidence through positive experience.

<p>The DX3 Advantage:</p> <ul style="list-style-type: none"> • Age-Safe & Age-Appropriate • Increased Strength, Speed, & Agility • Confidence Building • Cognitive Learning • Proper Mechanics Execution • Neurological Development • Performance Preparation • Improved Athleticism • Injury Mitigation <p>LoneStar Club Athletes:</p> <ul style="list-style-type: none"> • Train with DX3 twice a week (7:30-8 pm) on practice nights all season • Free Jungle memberships for Supervised Small Group Training all season. • NOTE: Expires 06/30 even if season ends sooner. Discounted memberships available beginning 07/01. 	<p>All LoneStar Families (boys & girls 7 and up) receive 25% off regular priced Jungle Memberships!</p> <p>Membership Cost: (before discount)</p> <ul style="list-style-type: none"> • Unlimited Membership for \$179 per month • 2 times per week Membership for \$119 per month • 1 time per week Membership for \$79 per month <p>Membership Supervised Small Group Training Hours:</p> <ul style="list-style-type: none"> • Monday-Friday 4:00p – 7:00p • Saturday 10:00a – 2:00p <p>DX3 develops strength, speed, agility, and confidence in youth of all sports and all ability.</p>	<p>How Does a Membership at the Jungle work?</p> <p>We make it simple so it works with your schedule. Supervised small group training sessions start on the hour and half hour during our Regular Open Hours. You can register online or onsite and you don't have to sign up for a particular time. Just show up, sign in, and go hard! Athletes train for one hour which includes both speed and age-appropriate strength training. Parents can drop off their athletes and pick them up an hour later or stay and watch. We respectfully ask parents to wait outside the Jungle gate to allow more space for athletes and to avoid unnecessary risk and distraction.</p> <p>First Session Free!</p> <p>Register online for a free session and come see why kids want to come train with DX3.</p>
<p>More Info, Register, and Contact Us: www.GetDX3.com</p>	<p>LoneStar Parents: Ask Cheese (Brady) about working out in the Jungle after LS Club DX3 practice! Why just sit and wait, come get a good workout instead!</p>	<p>Private 1-on-1 Training available. Let DX3 help you get your step faster, your jump higher and your swing harder.</p>

We teach, our kids learn and the lessons are taken with them for life.

To be a better athlete you must address all aspects of development...speed, strength, balance, core, agility, etc. Our diverse yet balanced training programs are progressive in nature, making kids better no matter where they start. Kids are active, learning, and growing with DX3.

“Skill training is important, yet the speed and strength those skills are executed at determines an athlete’s level of play.”

