

STATE OF THE ART FACILITIES

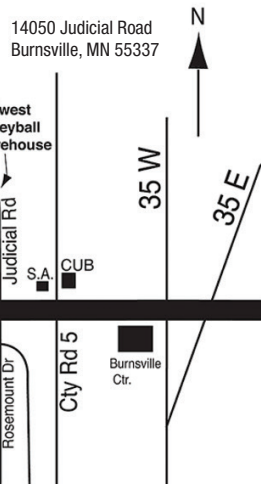
All Camps Will Be Held at:
Midwest Volleyball Warehouse
14050 Judicial Road
Burnsville, MN 55337

A State-of-the-Art Volleyball Training Center!



Conveniently located off County Road 42 in Burnsville.

Map to Midwest Volleyball
(not to scale)



FOR ADDITIONAL INFORMATION ABOUT

Northern Lights Juniors Camps email us at
northernlights@midwestvolleyball.com
or call 952.808.0110
or visit our website:

www.northernlightsjuniors.com

REGISTRATION INSTRUCTIONS

All camp registrations are done online at
www.signuptoplay.com

By registering, you are agreeing to the Participant
Release of Liability found on our website.

To register for camps and clinics:

1. Go to www.signuptoplay.com
2. Log in or create a new account.
(PARENTS: make sure to create a Junior Member account for child, NOT an adult account for yourself.)
3. Click on the 'Camps & Clinics' link on the left hand side of your screen
4. Click 'Register for Camp'
5. Camp Location: select 'Minnesota'
6. Company Name: select 'Northern Lights Juniors'
7. Camp Name: select desired camp / clinic
8. Camp Session: select desired session
9. Click the 'Save' button
10. Click the 'Payment' button and pay online

REGISTRATION IS PAPERLESS

- No registrations accepted by mail.
- All registrations must be completed online at www.signuptoplay.com
- By registering for this camp you are fully agreeing to all terms and conditions in the "Participant Release of Liability Policy."
- There is no need to mail the release form.
- All cancellations incur a \$25 processing fee.
- No pro-rated fees for missing sessions.
- No refunds within 72 hours of camp.

For a copy of the release form, and for more information on our camps and clinics, please visit our website:

www.northernlightsjuniors.com

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2017 Volleyball Camps

*Top-Quality Volleyball Training
in a State-of-the-Art Facility*

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14050 Judicial Road • Burnsville, MN 55337
(952) 808-0110

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CAMP DESCRIPTIONS

June Youth & Middle School Camp

Open to girls of all skill levels in grades 5 - 9 during 2017 school year. Sessions will focus on developing and refining individual skills. Friday evening, all day Saturday, Sunday morning. Great way to get instruction and repetition to improve skills! 7:1 camper to staff ratio.

All Skills Camps

Open to girls of all skill levels entering the 7th grade or above in the fall of 2017. Camps will focus on developing and refining individual skills. Campers will be grouped according to skill level, and will be challenged according to their level of ability. Campers participate in skill development drills as well as competitive games. Individual skills are stressed. 7:1 camper to staff ratio.

Elite All Skills Camps

High intensity camps designed for JV, Varsity, and Junior Club players. Camps will cover all areas of volleyball skill development. Designed to push top-level volleyball players. Camps will be run like a Northern Lights Juniors team practice. Players must be able to keep up. Players not able to keep up will be moved onto the regular "All Skills" camp courts. Individual skills are stressed. 7:1 camper to staff ratio.

Elite Club Camps

High intensity camp for players with previous ELITE CLUB experience. Elite means past participation in an ELITE level club. Without previous elite club experience, you must have an evaluation done by Northern Lights for acceptance into the camp. Excellent instruction, high repetition camp! Camper to staff ratio is 6:1.

Aame's Setter Academy (June 2-4 & July 14-16)

For setters Grade 6 and above. All ability levels welcome! Setters will be trained by Dennis "Aame" Amundson. Two camps to choose from. Grade 6 or above in the fall of 2017.

Elite Setter Camp with Cathy Noth (July 21-23)

A high intensity fast paced camp focusing on high repetition. Three day, all day camp, setters will be trained by former National Team Setter Cathy Noth. Basic training each day, then be paired with Middles or Outsides for part of the day. To attend the Setters camp you must be in Grade 8 or above in the fall of 2017.

NL Setter Camps (July 29-31)

Setters will work on footwork, hand positioning, set placement and tempos. Open to girls of all skill levels entering the 7th grade or above in the fall of 2017. Lead coaches for this camp have high level coaching and collegiate playing experience at the setter position.

Middle Hitter Camp

Three day, half-day camp. Focusing on attacking, blocking, and transition. To attend the Middle Hitter camp you must be in Grade 8 or above in the fall of 2017. You must be a minimum of 5'7" if you are in Grade 8 or 9, and a minimum of 5'9" if you are in grades 10-12.

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CAMP DESCRIPTIONS

Defense / Libero Camps

Camp will focus on passing, digging, movement, all types of serving, and back row attacking skills. Open to girls entering the 8th grade or above in the fall of 2017.

Outside Hitter Camps

Outside Hitters camp is a three day, half-day camp. This camp will be high repetition jumping and hitting. To attend the Outside Hitter camp you must be in Grade 8 or above in the fall of 2017.

CLINICS / LEAGUES / SKILL SESSIONS

Summer Youth Clinic – 6 Weeks / 11 Sessions

Twice a week clinics held in the evenings for less experienced players, those entering 4th grade through 6th grade. Cost is \$265 for all 11 dates. Summer Youth Clinics are on Monday and Wednesday evenings starting in July. Clinics focus on developing motor skills such as volleyball movement, jumping, throwing. We also work with a lighter ball and lower net so they can be introduced to all levels of play including spiking and blocking.

Summer Little Spikers – 6 Weeks / 11 Sessions

Twice a week clinics held in the evenings for beginners, those grades K through 3rd grade. Cost is \$145 for all 11 dates. Little Spikers are on Monday and Wednesday evenings starting in July. Providing an introduction of the skills of volleyball to young athletes through the use of games and fun. These clinics are open to both boys and girls.

High School 4's League

You form and register your own team. Your team will play 2 matches per date against other teams. League cost is only \$240 per team which includes all matches, officials, and gyms. 2 matches in 2 hours. 6 league dates included. Play will start at 5:00 or 7:00 pm each league date.
Thursday Evenings - 7/6, 7/13, 7/20, 7/27, 8/3, 8/10

High School Skill Sessions

Northern Lights Summer Skill Sessions are open to girls in grades 7 - 12 in the fall of 2017. These are 1 hour (\$25) or 1.5 hour (\$35) high repetition skill sessions designed to get you ready for your High School season! Skill Sessions run throughout July and August. Please check online for details about times and dates.

Middle School Skill Sessions

Open to girls of all skill levels in grades 6 - 8 in the fall of 2017. Sessions will focus on developing and refining individual skills. 1 hour (\$25) or 1.5 hour (\$35) high repetition, middle school only skill sessions run at the end of August. Please check online for details about times and dates.

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CAMP DATES/COSTS

Full-day is 9 am to 4 pm with 1 hour break at noon.

Half-day a.m. wave is 9 am to noon, p.m. wave is 1 pm to 4 pm.

Jun 2- 4 (Camp runs 3 days – Fri to Sun)			
SESSION	DATES	COST	
June Youth/MS Camp	June 2-4 (Grades 5-9)	\$175	
Aame Setters Academy	June 2-4 (grades 6-11)	\$175	
Camp Runs Friday evening / All day Saturday / Sunday morning			
July 5 - July 7 (Camps run 3 days – Wed to Fri)			
SESSION	LENGTH	DATES	COST
All Skills Camp	Half-day am/pm	July 5-7	\$135
All Skills Camp	Full-day	July 5-7	\$205
Elite All Skills Camp	Full-day	July 5-7	\$225
July 10 - July 13 (Camps run 4 days – Mon to Thu)			
SESSION	LENGTH	DATES	COST
All Skills Camp	Full-day	July 10-13	\$275
Elite All Skills Camp	Full-day	July 10-13	\$295
July 14 - July 16 (Camps run 3 days – Fri to Sun)			
SESSION	LENGTH	DATES	COST
Outside Hitter Camp	Half-day am	July 14-16	\$135
Middle Hitter Camp	Half-day am	July 14-16	\$135
Libero / DS Camp	Half-day am	July 14-16	\$135
Aame Setters Academy	Full day	July 14-16	\$245
July 17 - July 20 (Camps run 4 days – Mon to Thu)			
SESSION	LENGTH	DATES	COST
All Skills Camp	Full-day	July 17-20	\$275
Elite Club Player Camp	Full Day	July 17-20	\$295
July 21 - July 23 (Camps run 3 days – Fri to Sun)			
SESSION	LENGTH	DATES	COST
Elite Setters Camp	Full-day	July 21-23	\$275
Elite Outside Hitters	Half-day am	July 21-23	\$150
Elite Middle Hitters	Half-day pm	July 21-23	\$150
Elite Libero / DS	Half-day am/pm	July 21-23	\$150
July 24 - July 27 (Camps run 4 days – Mon to Thu)			
SESSION	LENGTH	DATES	COST
All Skills Camp	Full-day	July 24-27	\$275
Elite All Skills Camp	Full-day	July 24-27	\$295
July 28 - July 30 (Camps run 3 days – Fri to Sun)			
SESSION	LENGTH	DATES	COST
Setters Camp	Half-day am	July 28-30	\$135
Outside Hitter Camp	Half-day am	July 28-30	\$135
Middle Hitter Camp	Half-day am	July 28-30	\$135
Libero / DS Camp	Half-day am	July 28-30	\$135

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CAMP STAFF

CAMP STAFF WILL CONSIST OF:

- Northern Lights Club Coaches
- Collegiate Coaches
- High School Coaches
- Collegiate Players
- Former Northern Lights Players

Our coaches will make a difference in your development and prepare you for your high school season.



WHY NORTHERN LIGHTS CAMP?

- Camper to Staff ratio of 7:1 or better for most camps.
- Volleyball skill development with high repetition and quality ball contacts.
- Increase your skills and improve the level of your game.
- We will get you ready for your high school volleyball season!



Bring your friends and join us!

Volleyball skill development

in a competitive,

fun-filled environment!



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