

Age Definitions

Youth: Ages 9 - 12 / Grades 4 - 6

Middle: Ages 13 - 14 / Grades 7 - 8

All ability levels welcome from beginners to experienced players.

Players will be grouped by skill level for instruction & play.

Our aim is to introduce young players to the great game of volleyball and teach older players higher skills.

Players will learn technique, participate in drills, and compete against a variety of teams

Bring your friends and join us for some competitive, fun-filled nights of volleyball!

Northern Lights Junior Volleyball Incorporated is a non-profit 501 (c)(3) corporation dedicated to the development of volleyball athletes.

Our Junior Olympic club teams are among the best in the Nation! We will be offering information at the clinic about playing club volleyball!

The experienced coaches of Northern Lights Junior Volleyball will give your young player a fun, quality introduction to a great game!

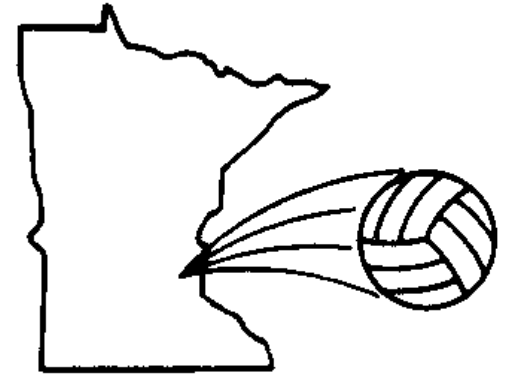
For additional information please email the Northern Lights Office at:

northernlights@midwestvolleyball.com

During August & September our office staff is minimal and email is the best way to reach us.

Northern Lights Junior Volleyball
Midwest Volleyball Warehouse
14050 Judicial Road
Burnsville, MN 55337
www.northernlightsjuniors.com

MIZUNO NORTHERN LIGHTS JUNIORS



Fall 2014 Youth & Middle School Volleyball Skills Clinics and League

**Mondays, Wednesdays, Saturdays
September 3 – October 25**

**For Girls
Ages 9 - 12 / Grades 4 – 6 (Youth)
Ages 13 - 14 / Grades 7 – 8 (Middle)**

Northern Lights Volleyball

Youth / Middle School Skills and Competition Clinics

What: Teaching the game of volleyball to young female athletes. Clinic includes basic volleyball skills practice and instruction on week nights, and league competition against other teams on weekends.

Players will be grouped by skill level for instruction & play

Who: Girls ages 10 - 12 (Grades 4 - 6) Youth Age
Girls ages 13 - 14 (Grades 7 - 8) Middle School Age

When: Practice dates are Mondays and Wednesdays
Competition dates are mainly Saturdays

Practice: September: 3, 8, 10, 15, 17, 22, 24, 29
October: 1, 6, 8, 13, 15, 20, 22

Youth and Elite Middle School: Monday and Wednesday 5:30 – 7:00 pm

Advanced Middle School: Monday and Wednesday 7:15 – 9:00 pm

* Elite Middle School Teams picked during the first two days of clinic and practice in the 5:30-7:00 time slot the remainder of the year

ARRIVE ½ HOUR EARLY ON FIRST DAY OF CLINIC!!!

League: September: 13, 20 or 21, 27
October: 4, 11, 25

Costs: \$360.00 for all training and competition for athletes
All registration is online at www.signuptoplay.com (See instructions below)

Where: Midwest Volleyball Warehouse
14050 Judicial Road
Burnsville, MN 55337

How to Register for Northern Lights 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 your 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

By completing the registration process above, you are agreeing to the release statement and information below.
Mailing the release form is not required. Registration is paperless if you pay online.

By registering for this camp, I as the parent / guardian hereby agree and promise that I will not hold Northern Lights Junior Volleyball nor its employees or coaches responsible for any loss, damages or personal injuries received as a result of participation. I fully agree to all terms in the "Participant Release of Liability Policy", that can be found at:

<http://www.northernlightsjuniors.com/camp/releaseform.pdf>.

I hereby authorize the coaches to act for me according to their best judgment in any emergency requiring medical attention.

You do not need to submit a registration form if you pay online.

Payment can be made by check by sending the check and a copy of this registration form to the address above. You must send your payment at least one week prior to the camp date to allow time for us to receive it. Your camp registration is not complete until we receive your payment. Online payments are immediate and are preferred.

No pro-rated fees for missing sessions. No refunds once camp begins.

All cancellations will be charged a \$25 processing and handling fee.