Get ready for your upcoming college or high school season!

College Athletes

Home for the summer or getting ready for your first college season? Bring us your college workout program this summer and we will have you prepared for the fall.

High School Athletes

Training sessions will be programmed to the needs of each athlete, according to position, age, individual strength capabilities, weaknesses, deficiencies, and individual goals for the season.

Philosophy

A strong emphasis will be placed on position specific movement patterns and ballistic strength training movements. Movement mechanics play a vital role in the performance and safety throughout the specific demands of every sport. During practice and matches athletes are exposed to hundreds of repetitions per week. Repetitions executed with poor mechanics over a long period of time will increase the likelihood of injury and will affect performance.

No more than 6 athletes will be allowed during one 1 hour session to ensure optimal coach to athlete ratio.

We will train the way you play - because you play the way you train!

June 11 - June 14

DAYS	TIMES
Wednesday -Thursday	3:30 pm - 8:00 pm
Friday	10:00 am - 5:30 pm
Saturday	10:00 am - 4:30 pm

June 16 - June 21

DAYS	TIMES
Monday - Thursday	3:30 pm - 8:00pm
Friday	10:00 am - 5:30 pm
Saturday	10:00 am - 4:30 pm

June 23 - June 28

DAYS	TIMES
Monday - Thursday	3:30 pm - 8:00 pm
Friday	10:00 am - 5:30 pm
Saturday	No sessions available

June 30 - July 3

DAYS	TIMES
Monday - Thursday	3:30 pm - 8:00 pm
Friday (4th of July)	No sessions available
Saturday	No sessions available

July 7 - July 12

DAYS	TIMES
Monday - Thursday	3:30 pm - 8:00 pm
Friday	10:00 am – 5:30 pm
Saturday	10:00 am - 4:30 pm

July 14 - August 1*

DAYS	TIMES
Monday - Thursday	12:30 pm - 8:00 pm
Friday	10:00 am - 5:30 pm
Saturday (7/19, 7/26) *	10:00 am – 4:30pm

Dates and times subject to change.
Slots will be added / subtracted based upon demand.
Check Sign Up to Play for Schedule Changes.

How to Register

All 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 if you pay online.

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

www.northernlightsjuniors.com/camps&clinics.htm

All cancellations incur a $25 processing fee. No pro-rated fees for missing sessions. No refunds once camp begins.

All Sessions Will Be Held at:

Midwest Volleyball Warehouse
14050 Judicial Road
Burnsville, MN 55337
(Get map at www.midwestvolleyball.com)

A State of the Art
Volleyball Training Center!

We offer sport / position specific strength and movement training along with injury prevention work.

We will increase your movement efficiency and jump performance which will reduce your chance for injury.

We will help prepare your body for the rigors of your upcoming College, High School and J.O. seasons!

For additional information contact:

Northern Lights SAQ Coordinator
Andy Bastian
bastian@midwestvolleyball.com

Proper off-season training will make a difference in your development and prepare you for your high school or college season.

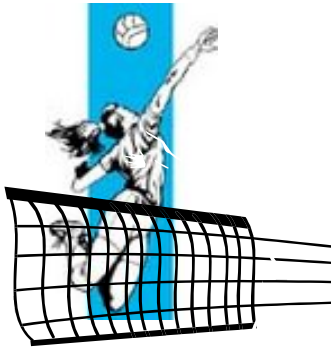
$30 Per Session

Visit www.signuptoplay.com to view available 1 hour time slots!

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

MIZUNO NORTHERN LIGHTS JUNIORS

2014
Summer SAQ:
Jump and
Movement
Training



A training program
SPECIFICALLY DESIGNED
for volleyball players!!

Individually written to specifically meet each athlete's needs in a high-quality, volleyball training center

Strong emphasis placed on position specific movements and explosive-ballistic training

Northern Lights Junior Volleyball
14050 Judicial Road
Burnsville, MN 55337
(952) 808-0110