

Northern Lights Junior Volleyball Speed / Agility / Quickness SAQ Fall Program

September - 9 Dates:

		Session 1 <u>Grades 7 & 8</u>	Session 2 <u>High School</u>
Mon	September 13	6:00 - 7:00 pm	7:00 - 8:00 pm
Wed	September 15	6:00 - 7:00 pm	7:00 - 8:00 pm
Thurs	September 16	6:00 - 7:00 pm	7:00 - 8:00 pm
Mon	September 20	6:00 - 7:00 pm	7:00 - 8:00 pm
Wed	September 22	6:00 - 7:00 pm	7:00 - 8:00 pm
Thurs	September 23	6:00 - 7:00 pm	7:00 - 8:00 pm
Mon	September 27	6:00 - 7:00 pm	7:00 - 8:00 pm
Wed	September 29	6:00 - 7:00 pm	7:00 - 8:00 pm
Thurs	September 30	6:00 - 7:00 pm	7:00 - 8:00 pm

October – 12 Dates:

		Session 1 <u>Grades 7 & 8</u>	Session 2 <u>High School</u>
Mon	October 4	6:00 - 7:00 pm	7:00 - 8:00 pm
Wed	October 6	6:00 - 7:00 pm	7:00 - 8:00 pm
Thurs	October 7	6:00 - 7:00 pm	7:00 - 8:00 pm
Mon	October 11	6:00 - 7:00 pm	7:00 - 8:00 pm
Wed	October 13	6:00 - 7:00 pm	7:00 - 8:00 pm
Thurs	October 14	6:00 - 7:00 pm	7:00 - 8:00 pm
Mon	October 18	6:00 - 7:00 pm	7:00 - 8:00 pm
Wed	October 20	6:00 - 7:00 pm	7:00 - 8:00 pm
Thurs	October 21	6:00 - 7:00 pm	7:00 - 8:00 pm
Mon	October 25	6:00 - 7:00 pm	7:00 - 8:00 pm
Wed	October 27	6:00 - 7:00 pm	7:00 - 8:00 pm
Thurs	October 28	6:00 - 7:00 pm	7:00 - 8:00 pm

Costs: **September - 9 dates: \$85**
October - 12 dates: \$115
 Register at www.signuptoplay.com
 (Go to www.midwestvolleyball.com/nlj/clinicregistration.htm for instructions)

For: **Girls ages 13 - 18 (Grades 7-12). Sign up ONLY for your appropriate age group!**
 Younger girls go earlier to accommodate those athletes also involved in the Northern Lights Fall Youth Clinic.

What: **Plyometrics and movement training!**
Increase your vertical jump and speed on the court!
Get yourself ready for your Junior Olympic season!

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

ARRIVE 15 MINUTES EARLY FOR FIRST DATE!!

Register online at www.signuptoplay.com, then send check (payable to Northern Lights Junior Volleyball) and the Participant Liability Form (below) to:

**Northern Lights Junior Volleyball
 Fall SAQ Program
 14050 Judicial Road
 Burnsville, MN 55337**

Cancellation Policy: All cancellations are charged a \$25 processing fee.

