

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

Our volleyball camps/clinics have trained over 5000 volleyball players during the past 15 years!

Our Junior Olympic club teams are among the best in the Nation! We will be offering information at the youth 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!

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*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 play modified games!*

*We use the Volley-Lite balls for our younger players (grades 4 - 6).*

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

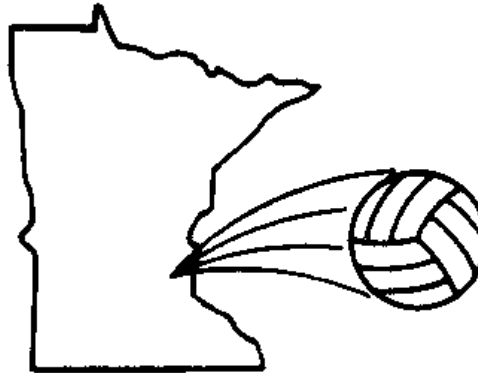
For additional information you may call or email the Northern Lights Office

952-808-0110

northernlights@midwestvolleyball.com

(Please be aware that during August & September our office staff is minimal and email is the best way to reach us, or please leave a message and we will return a call to you.)

# NORTHERN LIGHTS JUNIORS



## Fall Skills Clinics

**Session 1 (September):**  
Mondays & Wednesdays  
Sept 7 - Sept 28

**Session 2 (October):**  
Mondays & Wednesdays  
Oct 3 - Oct 26

For Girls  
Ages 10-14 / Grades 4-8

# Northern Lights Volleyball

## 2011 Fall Skills Clinics

### Two Sessions Available!

**What:** Teaching the game of volleyball to young female athletes. Clinics include basic volleyball skills and modified games.

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

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

**When:** All dates are Mondays and Wednesdays

Session 1: September 7, 12, 14, 19, 21, 26, 28

Session 2: October 3, 5, 10, 12, 17, 19, 24, 26

Times: 5:30 – 7:00 pm

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

**Costs:** **Session 1 (September)**  
\$160.00 for 7 training dates  
Registration is online at [www.signuptoplay.com](http://www.signuptoplay.com)  
(See instructions at [www.midwestvolleyball.com/nlj/camps&clinics.htm](http://www.midwestvolleyball.com/nlj/camps&clinics.htm))

**Session 2 (October)**  
\$175.00 for 8 training dates  
Registration is online at [www.signuptoplay.com](http://www.signuptoplay.com)  
(See instructions at [www.midwestvolleyball.com/nlj/camps&clinics.htm](http://www.midwestvolleyball.com/nlj/camps&clinics.htm))

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

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**Name:** \_\_\_\_\_

**Circle Choice:**

Session 1 (Sept): Youth Middle School

Session 2 (Oct): Youth Middle School

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_

**St:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **E-Mail** \_\_\_\_\_

**Age:** \_\_\_\_\_ **Date of birth** \_\_\_\_\_ **Grade** \_\_\_\_\_ **School** \_\_\_\_\_

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

**PARENT OR GUARDIAN SIGNATURE** \_\_\_\_\_ **Date** \_\_\_\_\_

Please make checks payable to Northern Lights Jr. Volleyball and send with lower part of this form along with the Participant Liability (found at <http://www.midwestvolleyball.com/nlj/camps&clinics.htm>) form to:

**Northern Lights Junior Volleyball**  
**Fall Skills Clinics**  
14050 Judicial Road  
Burnsville, MN 55337

*Cancellation Policy: All cancellations will be charged a \$25 processing and handling fee.*

