

## **Middle School Prep Clinics**

These are high-repetition skill sessions designed to get you ready for your middle school season. Ages are restricted to 7th and 8th graders (Fall 2009). These sessions are intended to give players the training and reps needed to get ahead of the competition in their school tryouts.

Register for one, several, or all sessions. Skill times are rotated daily to give all players a chance to attend. Basic and Advanced sessions are available.

Cost is \$25 per session for 1.5 hours of high-repetition work. All registration is done online at [www.signuptoplay.com](http://www.signuptoplay.com).

1. Login to SignUpToPlay.com
2. Click on Camps & Clinics and Click Register
3. Select Northern Lights
4. Select Middle School Prep Clinics
5. Select your session

### **Open to 7<sup>th</sup> – 8<sup>th</sup> Grade Players**

<b>Time</b>	<b>Aug 31st</b>	<b>Sept 1<sup>st</sup></b>	<b>Sept 2<sup>nd</sup></b>	<b>Sept 3<sup>rd</sup></b>
<b>9:00-10:30</b>	Basic Passing and Defense	Advanced Passing and Defense	Basic Passing and Defense	Advanced Passing and Defense
<b>11:00-12:30</b>	Basic Hitting and Serving	Advanced Hitting and Serving	Basic Hitting and Serving	Advanced Hitting and Serving
<b>1:30-3:00</b>	Advanced Passing and Defense	Basic Passing and Defense	Advanced Passing and Defense	Basic Passing and Defense
<b>3:30-5:00</b>	Advanced Hitting and Serving	Basic Hitting and Serving	Advanced Hitting and Serving	Basic Hitting and Serving