

Get ready for your upcoming college or high school season!

Go into preseason ahead of the pack and in great volleyball shape!

Train in a facility created specifically for volleyball athletes, with sessions that will increase your vertical jump, strength, agility & power. Our summer program is designed to help you peak for pre-season!

Register with your friends and you will receive a \$15 discount for each additional person! Groups of 6 or more athletes are guaranteed their own timeslot.

All athletes who trained in the Vertical Jump Program last year and all Northern Lights Players will receive an additional \$25 discount!

**Please visit our website for more information!**

<http://www.midwestvolleyball.com/nlj/nljhome.htm>

### **Pricing**

#### **Number of Athletes Registered**

<b>Program</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>4 week</b> (8 Sessions)	\$200	\$185	\$170	\$155	\$140	\$125
<b>5 week</b> (10 sessions)	\$225	\$210	\$195	\$180	\$165	\$150
<b>6 week</b> (12 sessions)	\$250	\$235	\$220	\$205	\$190	\$175
<b>7 week</b> (14 Sessions)	\$275	\$260	\$245	\$230	\$215	\$200
<b>8 week</b> (16 sessions)	\$300	\$285	\$270	\$255	\$240	\$225
<b>9 week</b> (18 sessions)	\$325	\$310	\$295	\$280	\$265	\$250

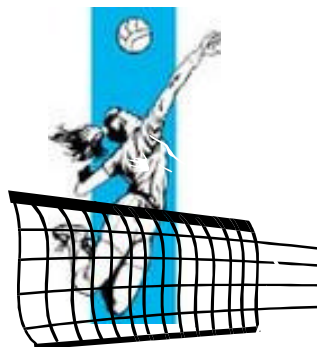
(Prices above are per athlete)

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# MIZUNO NORTHERN LIGHTS JUNIORS

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2010  
Summer SAQ &  
Vertical Jump  
Training



**Finally, a training program  
SPECIFICALLY DESIGNED  
for volleyball players!!**

Our highly specialized sessions help you maximize your workouts

High-Quality Volleyball Training in a High-Quality Facility

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

**Northern Lights Junior Volleyball**  
Midwest Volleyball Warehouse  
14050 Judicial Road  
Burnsville, MN 55337  
[www.midwestvolleyball.com](http://www.midwestvolleyball.com)

PRSRRT STD  
U.S. Postage  
PAID  
Permit No. 57  
Burnsville, MN

**Each individual athlete must register on [www.signuptoplay.com](http://www.signuptoplay.com).** In order for registration to be complete, the Northern Lights office **must receive your registration form and liability waiver.** Both of these items can be printed from your sign up to play account. **You must also return this calendar** with your chosen training dates and times.

**Please circle the dates and times when you/your group would like to complete your sessions and return all registration items to the Northern Lights office (by mail or placed in the Northern Lights drop box).**

Athlete Name \_\_\_\_\_ Athlete Name \_\_\_\_\_ Athlete Name \_\_\_\_\_

Athlete Name \_\_\_\_\_ Athlete Name \_\_\_\_\_ Athlete Name \_\_\_\_\_

**Please include the names of all athletes in the group for discounted registration. All dates and times must match for all athletes to be considered a group.**

**\*Shaded sessions are already at full capacity. Please choose another time.\***

<b>Summer Vertical Training Calendar (June - August)</b>												
<b>Choose your days/times -- allow a minimum of 48 hours between sessions for best results.</b>												
	<b>Mon</b>			<b>Tues</b>			<b>Wed</b>			<b>Thurs</b>		
<b>Week 1</b>	<b>14-Jun</b>	10-11 am	2-3 pm	<b>15-Jun</b>	9-10 am	1-2 pm	<b>16-Jun</b>	10-11 am	2-3 pm	<b>17-Jun</b>	9-10 am	1-2 pm
(6/14 - 6/17)		11-12 pm	3-4 pm		10-11 am	none		11-12 pm	3-4 pm		10-11 am	2-3 pm
		12-1 pm	4-5 pm		11-12 pm	none		12-1 pm	4-5 pm		11-12 pm	3-4 pm
			5-6pm						5-6pm			
<b>Week 2</b>	<b>21-Jun</b>	10-11 am	2-3 pm	<b>22-Jun</b>	9-10 am	1-2 pm	<b>23-Jun</b>	10-11 am	2-3 pm	<b>24-Jun</b>	9-10 am	1-2 pm
(6/21 - 6/24)		11-12 pm	3-4 pm		10-11 am	2-3 pm		11-12 pm	3-4 pm		10-11 am	2-3 pm
		12-1 pm	4-5 pm		11-12 pm	3-4 pm		12-1 pm	4-5 pm		11-12 pm	3-4 pm
			5-6pm						5-6pm			
<b>Week 3</b>	<b>28-Jun</b>	10-11 am	2-3 pm	<b>29-Jun</b>	9-10 am	1-2 pm	<b>30-Jun</b>	10-11 am	2-3 pm	<b>1-Jul</b>	9-10 am	1-2 pm
(6/28 - 7/1)		11-12 pm	3-4 pm		10-11 am	2-3 pm		11-12 pm	3-4 pm		10-11 am	2-3 pm
		12-1 pm	4-5 pm		11-12 pm	3-4 pm		12-1 pm	4-5 pm		11-12 pm	3-4 pm
			5-6pm						5-6pm			
<b>Week 4</b>	<b>5-Jul</b>	10-11 am	2-3 pm	<b>6-Jul</b>	9-10 am	1-2 pm	<b>7-Jul</b>	10-11 am	2-3 pm	<b>8-Jul</b>	9-10 am	1-2 pm
(7/5 - 7/8)		11-12 pm	3-4 pm		10-11 am	2-3 pm		11-12 pm	3-4 pm		10-11 am	2-3 pm
		12-1 pm	4-5 pm		11-12 pm	3-4 pm		12-1 pm	4-5 pm		11-12 pm	3-4 pm
			5-6pm						5-6pm			
<b>Week 5</b>	<b>12-Jul</b>	10-11 am	2-3 pm	<b>13-Jul</b>	9-10 am	1-2 pm	<b>14-Jul</b>	10-11 am	2-3 pm	<b>15-Jul</b>	9-10 am	1-2 pm
(7/12 - 7/15)		11-12 pm	3-4 pm		10-11 am	2-3 pm		11-12 pm	3-4 pm		10-11 am	2-3 pm
		12-1 pm	4-5 pm		11-12 pm	3-4 pm		12-1 pm	4-5 pm		11-12 pm	3-4 pm
			5-6pm						5-6pm			
<b>Week 6</b>	<b>19-Jul</b>	10-11 am	2-3 pm	<b>20-Jul</b>	9-10 am	1-2 pm	<b>21-Jul</b>	10-11 am	2-3 pm	<b>22-Jul</b>	9-10 am	1-2 pm
(7/19 - 7/22)		11-12 pm	3-4 pm		10-11 am	2-3 pm		11-12 pm	3-4 pm		10-11 am	2-3 pm
		12-1 pm	4-5 pm		11-12 pm	3-4 pm		12-1 pm	4-5 pm		11-12 pm	3-4 pm
			5-6pm						5-6pm			
<b>Week 7</b>	<b>26-Jul</b>	10-11 am	2-3 pm	<b>27-Jul</b>	9-10 am	1-2 pm	<b>28-Jul</b>	10-11 am	2-3 pm	<b>29-Jul</b>	9-10 am	1-2 pm
(7/26 - 7/29)		11-12 pm	3-4 pm		10-11 am	2-3 pm		11-12 pm	3-4 pm		10-11 am	2-3 pm
		12-1 pm	4-5 pm		11-12 pm	3-4 pm		12-1 pm	4-5 pm		11-12 pm	3-4 pm
			5-6pm						5-6pm			
<b>Week 8</b>	<b>2-Aug</b>	10-11 am	2-3 pm	<b>3-Aug</b>	9-10 am	1-2 pm	<b>4-Aug</b>	10-11 am	2-3 pm	<b>5-Aug</b>	9-10 am	1-2 pm
(8/2 - 8/5)		11-12 pm	3-4 pm		10-11 am	2-3 pm		11-12 pm	3-4 pm		10-11 am	2-3 pm
		12-1 pm	4-5 pm		11-12 pm	3-4 pm		12-1 pm	4-5 pm		11-12 pm	3-4 pm
			5-6pm						5-6pm			
<b>Week 9</b>	<b>9-Aug</b>	10-11 am	2-3 pm	<b>10-Aug</b>	9-10 am	1-2 pm	<b>11-Aug</b>	10-11 am	2-3 pm	<b>12-Aug</b>	9-10 am	1-2 pm
(8/9 - 8/12)		11-12 pm	3-4 pm		10-11 am	2-3 pm		11-12 pm	3-4 pm		10-11 am	2-3 pm
		12-1 pm	4-5 pm		11-12 pm	3-4 pm		12-1 pm	4-5 pm		11-12 pm	3-4 pm
			5-6pm						5-6pm			