

Mizuno Northern Lights Varsity Team Instructional Camp August 1-3

**Limited to
16 teams!**

New for 2008!

Our new Team Instructional Camp offers skill development and team system work for your entire high school varsity team. Each team will practice with our camp staff during two daily sessions, and play against other teams in the evening competition sessions. Daily skill work will include fast-paced, high-repetition drills to increase overall skills, as well as team and system work. This is a great way to get your 2008 season started! Definitely more intense and competitive than your normal "captain's practice".

Camp Schedule

Friday August 1	9:00 am – 4:00 pm Instruction
Friday August 1	6:00 pm – 8:00 pm Competition
Saturday August 2	9:00 am – 4:00 pm Instruction
Saturday August 2	6:00 pm – 8:00 pm Competition
Sunday August 3	10:00 am – 12:00 pm Instruction
Sunday August 3	2:00 pm – 4:00 pm Competition

Team Contact Information

School Name _____
 Contact Name _____
 Contact Address _____

 Contact Email: _____
 Contact Phone: _____

Team Roster (Minimum 7, Maximum 15)

Player Name	Phone Number	Grad Year (Fall 2008)	Shirt Size (S,M,L,XL)	Payment (\$100 ea) Chk #
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				

Total Payment (# of players X \$100): _____

Mail registration form, player release forms, and complete payment to:

Northern Lights Junior Volleyball
 14050 Judicial Road
 Burnsville, MN 55337

The attached participant release is required for each player on the roster. A valid e-mail address MUST be included for the team contact. All information will be sent to the team contact, not individual players.

