

Mizuno Northern Lights Varsity Team Instructional Camp July 29 - 31

**Limited to
16 teams!**

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 daily sessions, and play against other teams in the 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 2011 season started! Definitely more intense and competitive than your normal "captain's practice".

Camp Schedule (Subject to change depending on number of teams)

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 2010)	Shirt Size (S,M,L,XL)	Cost is \$950 for up to 12 players
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				Add \$100
14.				Add \$100
15.				Add \$100

Total Payment (\$950 + extra players): _____

**Rosters submitted to the Northern Lights office will have colored t-shirts with sizes exactly as marked on their roster

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.

