

Date: 1/16/2012

To: All 12's & 16's Teams

Dear Club Director & Coach:

Welcome to the Northern Lights Power League! We are pleased to host your teams and we look forward to a great season of competition!

This email contains important information about the league. We are sending copies of this email for every team to the Club Director and Head Coach. You may receive multiple copies. There is no need to reply.

== Schedules ==

The schedule has been posted for the first Northern Lights Power League date for 12 Club and 16 Club Divisions on January 21st and 22nd.

All schedules can be found on Midwest Volleyball Warehouse's Real Time Results site. To find the schedule, go to [www.midwestvolleyball.com](http://www.midwestvolleyball.com) and click on the Real Time Results link - or follow the link on the Power League schedule page:

<http://www.midwestvolleyball.com/nlj/pl/plsched12.htm>.

Using Real Time Results puts the results online immediately after each match is complete. This allows coaches, players, parents, and coaches easy access to all of the scores and pool results.

Schedules will be posted immediately upon their completion. Please do not call or email asking when they will be done.

== League Information / Facility Rules ==

Please make sure to review all of the league information at <http://www.midwestvolleyball.com/nlj/pl/leagueinfo2012.htm>. There is a link to this information with the online schedule.

Please make sure all of your players, coaches, and parents are aware of this information, specifically including:

- 1) There is a \$5 adult and \$3 student admission fee
- 2) No outside food or beverage may be brought into Midwest Volleyball Warehouse
- 3) No balls or ball carts may be brought into the facility
- 4) No portable chairs may be brought into the facility

Each team received two Power League Coaches' Passes. Coaches must have the passes to get free admission. If you need more than two coaches passes, please provide proof of registration by supplying us with a copy of your NCR Roster. Passes will be mailed and cannot be picked up at the door.

== Officiating ==

All teams will be responsible for officiating matches. All teams must have officials who will attend a J.O. ref clinic this year, or an adult ref clinic this year. Contact the North Country Region office, (952)831-9150 for complete information.

In the 14, 16, and 18 Club Divisions there MUST be an adult either up (R1) or down (R2). Coaches in this division should allow the adult who is under to make any call that the player ref might not make.

In the 12 Club Division, there must be an adult as the R1. For safety reasons it is not permitted to have more than 1 person on the ref stand at a time. (i.e.: an adult and a

player are not to be on the ref stand together.) Each 12's team must also have a second adult supervising the score table.

In the 18 Open Division, the R1 will be provided by Northern Lights. A coach from the officiating team is REQUIRED to be the R2.

== Matches / Sets ==

For Pool Play matches, each match will consist of 3 sets, the first two sets will be played to 25 points, win by two points with no cap. The third set of a match will be to 15 points, win by two points with no cap, switch sides at 8 points. All teams play a mandatory third set, regardless of the outcome of the first two sets. There is NO mandatory third set for 18 Open matches.

For Bracket Play matches, each match will consist of 3 sets, the first two sets will be played to 25 points, win by two points with no cap. The third set of a match will be to 15 points, win by two points with no cap, switch side at 8 points. There is NO mandatory third set for Bracket Play matches.

== Warmup Protocol ==

Please make sure to review the warmup protocol online and in the league information. We ask all teams to stick to the schedule and help expedite warmups. Adding 5 - 10 minutes to the warmup time between every match adds 1 - 2 extra HOURS per day. Please help everybody get done on time by sticking to the schedule.

== Match Results ==

Match results will be automatically imported into SignUpToPlay.com for all matches for all teams. Please advise all coaches that they should NOT manually enter their results. The results will be added for them. If coaches enter the results, it will result in multiple entries for the same matches.

Thanks again for participating in our league.

Best of luck to all teams!

Northern Lights Junior Volleyball