

# Northern Lights Junior Volleyball

## Speed / Agility / Quickness

### SAQ Fall Program

**September Dates and Times (10 Sessions):**

		Session 1	Session 2
		<u>7<sup>th</sup> &amp; 8<sup>th</sup> Grades</u>	<u>9<sup>th</sup> – 12<sup>th</sup> Grades</u>
Wed	September 7	6:00 - 7:00 pm	7:00 - 8:00 pm
Thurs	September 8	6:00 - 7:00 pm	7:00 - 8:00 pm
Mon	September 12	6:00 - 7:00 pm	7:00 - 8:00 pm
Wed	September 14	6:00 - 7:00 pm	7:00 - 8:00 pm
Thurs	September 15	6:00 - 7:00 pm	7:00 - 8:00 pm
Mon	September 19	6:00 - 7:00 pm	7:00 - 8:00 pm
Wed	September 21	6:00 - 7:00 pm	7:00 - 8:00 pm
Thurs	September 22	6:00 - 7:00 pm	7:00 - 8:00 pm
Mon	September 26	6:00 - 7:00 pm	7:00 - 8:00 pm
Wed	September 28	6:00 - 7:00 pm	7:00 - 8:00 pm

**October Dates and Times (12 Sessions):**

		Session 1	Session 2
		<u>7<sup>th</sup> &amp; 8<sup>th</sup> Grades</u>	<u>9<sup>th</sup> – 12<sup>th</sup> Grades</u>
Mon	October 3	6:00 - 7:00 pm	7:00 - 8:00 pm
Wed	October 5	6:00 - 7:00 pm	7:00 - 8:00 pm
Thurs	October 6	6:00 - 7:00 pm	7:00 - 8:00 pm
Mon	October 10	6:00 - 7:00 pm	7:00 - 8:00 pm
Wed	October 12	6:00 - 7:00 pm	7:00 - 8:00 pm
Thurs	October 13	6:00 - 7:00 pm	7:00 - 8:00 pm
Mon	October 17	6:00 - 7:00 pm	7:00 - 8:00 pm
Wed	October 19	6:00 - 7:00 pm	7:00 - 8:00 pm
Thurs	October 20	6:00 - 7:00 pm	7:00 - 8:00 pm
Mon	October 24	6:00 - 7:00 pm	7:00 - 8:00 pm
Wed	October 26	6:00 - 7:00 pm	7:00 - 8:00 pm
Thurs	October 27	6:00 - 7:00 pm	7:00 - 8:00 pm

**Costs:**      September Session (10 dates): \$125  
 October Session (12 dates): \$150  
 Both Sessions (22 dates): \$250 (\$25 discount for signing up for both sessions!)  
 Register at [www.signuptoplay.com](http://www.signuptoplay.com)  
 (Go to [www.midwestvolleyball.com/nlj/clinicregistration.htm](http://www.midwestvolleyball.com/nlj/clinicregistration.htm) for instructions)

**For:**      Girls ages 13 - 18 (Grades 7-12). Sign up ONLY for your appropriate age group!  
 Younger girls go earlier to accommodate those athletes also involved in the Northern Lights Fall Youth Clinic.

**What:**      Plyometrics and movement training!  
 Increase your vertical jump and speed on the court!  
 Get yourself ready for your Junior Olympic season!

**Where:**      Midwest Volleyball Warehouse  
 14050 Judicial Road  
 Burnsville, MN 55337

**ARRIVE 15 MINUTES EARLY FOR FIRST DATE!!**

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Please make checks payable to Northern Lights Junior Volleyball and send with the Participant Liability (found at [www.midwestvolleyball.com](http://www.midwestvolleyball.com)) form to:

**Northern Lights Junior Volleyball  
 Mini SAQ Program  
 14050 Judicial Road  
 Burnsville, MN 55337**

*Cancellation Policy: All cancellations are charged a \$25 processing fee.*

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# MIZUNO NORTHERN LIGHTS JUNIORS

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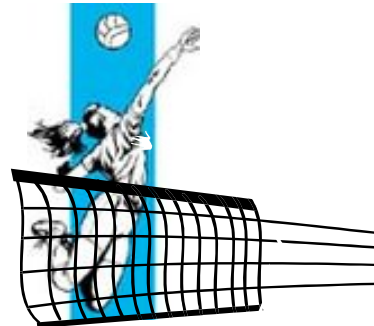
Fall SAQ  
Program

Finally, a training  
program

SPECIFICALLY DESIGNED

for volleyball players!!

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Our highly specialized sessions  
help you maximize your workouts

High-Quality Volleyball Training  
in a High-Quality Facility

Northern Lights Junior Volleyball

14050 Judicial Road

Burnsville, MN 55337

(952) 808-0110

Please make one copy for each athlete

## PARTICIPANT RELEASE OF LIABILITY

for

MIDWEST VOLLEYBALL WAREHOUSE AND/OR NORTHERN LIGHTS JUNIOR VOLLEYBALL  
(Read before signing)

Participant Name \_\_\_\_\_  
Print name

In consideration of being allowed to participate in any way in the program, related events and activities, I the undersigned, acknowledge, appreciate and agree that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment and personal discipline may reduce this risk, the risk of serious injury does exist and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If however I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest staff immediately and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS Midwest Volleyball Warehouse and/or Northern Lights Junior Volleyball, Their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event (RELEASEES), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

X \_\_\_\_\_  
Participant's Signature                      Age                      Date

### **FOR PARENTS/GUARDIANS OF PARTICIPANT OF MINOR AGE** (UNDER AGE 18 AT TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liability incidents to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

X \_\_\_\_\_  
Parent/Guardian Signature                      Date                      Emergency Phone Number (s)