

Northern Lights Junior Volleyball Speed / Agility / Quickness SAQ Fall Program

Cost Includes 10 Dates!

Dates and Times:

		<u>Session 1</u> 7 th & 8 th grades	<u>Session 2</u> High Schoolers
Mon	October 6	6:00 - 7:00 pm	7:00 - 8:00 pm
Wed	October 8	6:00 - 7:00 pm	7:00 - 8:00 pm
Thurs	October 9	5:30 - 6:30 pm	6:30 - 7:30 pm
Mon	October 13	6:00 - 7:00 pm	7:00 - 8:00 pm
Wed	October 15	6:00 - 7:00 pm	7:00 - 8:00 pm
Mon	October 20	6:00 - 7:00 pm	7:00 - 8:00 pm
Wed	October 22	6:00 - 7:00 pm	7:00 - 8:00 pm
Thurs	October 23	5:30 - 6:30 pm	6:30 - 7:30 pm
Mon	October 27	6:00 - 7:00 pm	7:00 - 8:00 pm
Wed	October 29	6:00 - 7:00 pm	7:00 - 8:00 pm

Costs:

Cost includes all 10 dates!
 \$95 if registering by www.signuptoplay.com
 (Go to www.midwestvolleyball.com/nlj/clinicregistration.htm for instructions)
 \$115 if registering by mail (use this form and mail with check)

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 ½ HOUR EARLY FOR FIRST DATE!!

Name: _____

Address: _____ **Email** _____

City: _____ **St:** _____ **Zip:** _____ **Phone:** _____

Age: _____ **Date of birth** _____ **Grade (Fall 2008)** _____ **School** _____

PARENT OR GUARDIAN SIGNATURE _____ **Date** _____

I hereby agree and promise that I will not hold Northern Lights Junior Volleyball nor its employees or coaches responsible for any loss, damages or personal injuries received as a result of participation. I hereby authorize the coaches of the clinic to act for me according to their best judgment in any emergency requiring medical attention.

Please make checks payable to Northern Lights Junior Volleyball and send with lower part of this form along with the Participant Liability (found at 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.