

Northern Lights Junior Volleyball

Speed / Agility / Quickness

SAQ Fall Program (September)

<u>Dates and Times:</u>		<u>Session 1</u> <u>7th & 8th grades</u>	<u>Session 2</u> <u>High Schoolers</u>
Wed	September 9	6:00 - 7:00 pm	7:00 - 8:00 pm
Thurs	September 10	6:00 - 7:00 pm	7:00 - 8:00 pm
Mon	September 14	6:00 - 7:00 pm	7:00 - 8:00 pm
Wed	September 16	6:00 - 7:00 pm	7:00 - 8:00 pm
Thurs	September 17	6:00 - 7:00 pm	7:00 - 8:00 pm
Mon	September 21	6:00 - 7:00 pm	7:00 - 8:00 pm
Wed	September 23	6:00 - 7:00 pm	7:00 - 8:00 pm
Thurs	September 24	6:00 - 7:00 pm	7:00 - 8:00 pm
Mon	September 28	6:00 - 7:00 pm	7:00 - 8:00 pm
Wed	September 30	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 1/2 HOUR EARLY FOR FIRST DATE!!

Name: _____

Address: _____ **Email** _____

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

Age: _____ **Date of birth** _____ **Grade (Fall 2009)** _____ **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.

