

Northern Lights Junior Volleyball

Volleyball Specific

Vertical Jump Program

Get ready for your upcoming college or high school season!
Go into preseason ahead of the pack and in great volleyball shape!

Train in a facility created specifically for volleyball athletes, with sessions that increase your vertical jump. Our summer program is designed to help you peak for pre-season!

Open to all female volleyball athletes – Junior High, High School, and Collegiate!

Pick the number of weeks and sessions – choose your own schedule!

Choose the number of weeks and number of sessions you wish to train. Once you have picked your program, you can then choose the days and times you wish to train each week. Athletes may be placed in groups of up to 12 athletes.

Sign-up with your friends for big discounts!

Register with your friends to receive the greatest discount! Athletes that register as a group must also train as a group. This is great for teams and friends that want to train together. Athletes registering as individuals or in small groups may be combined into groups of up to 12 athletes. Register as a group of 7 or more athletes to guarantee training with only the athletes registered in your group.

Cost for Training

Register with your friends or teammates to receive the greatest discount!

Num of Weeks	Num of Sessions	1-3 Athletes Cost per Athlete	4-6 Athletes Cost per Athlete	7-9 Athletes Cost per Athlete	10-12 Athletes Cost per Athlete
4 weeks	8 sessions	\$175.00	\$140.00	\$119.00	\$109.00
4 weeks	12 sessions	\$250.00	\$199.00	\$169.00	\$159.00
6 weeks	12 sessions	\$250.00	\$199.00	\$169.00	\$159.00
6 weeks	18 sessions	\$350.00	\$269.00	\$235.00	\$225.00
Summer	24 sessions	\$500.00	\$389.00	\$335.00	\$325.00

Prices for training are each athlete's cost to train. Total registration payment will be the cost per athlete multiplied by the number of athletes registering. Northern Lights players and alumni receive a \$25 discount. Athletes registering as a group must train as a group.

How to Register

- 1) Go to <http://www.midwestvolleyball.com/nlj/camp/summervertprogram.pdf> to download and print the forms.
- 2) Fill out the registration form.
 - Select the number of weeks, number of sessions, and number of athletes.
 - Calculate the total cost for all athletes for the program you have selected.
- 3) Circle the days and times on the scheduling calendars that you / your group want to train.
- 4) Complete the "Participant Release of Liability Form" for each participant.
- 5) Send your registration form, training schedule calendar with preferred dates circled, release forms, and payment for all athletes to the address listed at the top of the registration form.
- 6) Clarissa will call to verify days and times after receiving your forms.

Program Policies

Clarissa can be reached at (952) 808-0110 ext. 21 or at clarissa@midwestvolleyball.com to answer your questions about the program. During the program, there is a 24-hr cancellation policy for all sessions. Those who sign up as a group must train as a group.

NORTHERN LIGHTS VOLLEYBALL VERTICAL JUMP PROGRAM REGISTRATION FORM

Mail to: Northern Lights, Attn: Clarissa Immel 14050 Judicial Road, Burnsville, MN 55337

Name: _____ **Grade(Fall '09):** _____ **Date of Birth:** _____ **Email:** _____

Address: _____ **City:** _____ **St:** _____ **Zip:** _____

Phone: _____ **Height:** _____ **School:** _____ **Grad year:** _____

Fill out which program you are purchasing and the corresponding group size & price. Alumni & MNL players subtract \$25 from the individual price.

_____ 4-week 8 sessions		1-3 girls (\$175 ea)	_____ 4-6 girls (\$140 ea)	_____ 7-9 girls (\$119 ea)	_____ 10-12 girls (\$109 ea)
_____ 6 week 12 sessions	_____ 4 week 12 sessions	1-3 girls (\$250 ea)	_____ 4-6 girls (\$199 ea)	_____ 7-9 girls (\$169 ea)	_____ 10-12 girls (\$159 ea)
_____ 6 week 18 sessions		1-3 girls (\$350 ea)	_____ 4-6 girls (\$269 ea)	_____ 7-9 girls (\$235 ea)	_____ 10-12 girls (\$225 ea)
_____ Summer (24 sessions)		1-3 girls (\$500 ea)	_____ 4-6 girls (\$389 ea)	_____ 7-9 girls (\$335 ea)	_____ 10-12 girls (\$325 ea)

You will be contacted after Northern Lights receives payment, registration, liability forms, & scheduling sheet to confirm time slots for you or your group.

Cancellation Policy: All cancellations will be charged a \$25 processing fee!

* I hereby agree and promise that I will not hold Northern Lights Juniors or its employees responsible for any loss, damage or personal injuries received as a result of participation. I hereby authorize the directors of the camp to act for me according, to their best judgment, in any emergency requiring medical attention.

PARENT OR GUARDIAN SIGNATURE _____ Date _____

Choose your training schedule

Circle the day and time slots for your training, based on the number of weeks and number of sessions for your selected program. Clarissa will call after receiving your forms to verify days & times. Schedule is subject to change – selected dates and times are not guaranteed. Schedule may include weeks from both the Spring and Summer calendars.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 (6/15 - 6/19)	15-Jun 10-11 a.m. 11-12 p.m. 1-2 p.m.	16-Jun 10-11 a.m. 11-12 p.m. 1-2 p.m.	17-Jun 10-11 a.m. 11-12 p.m. 1-2 p.m.	18-Jun 10-11 a.m. 11-12 p.m. 1-2 p.m.	19-Jun 9-10 a.m. 10-11 a.m. 11-12 p.m.
Week 2 (6/22 - 6/26)	22-Jun 1-2 p.m. 2-3 p.m. 3-4 p.m.	23-Jun 9-10 a.m. 10-11 a.m. 11-12 p.m.	24-Jun 1-2 p.m. 2-3 p.m. 3-4 p.m.	25-Jun 9-10 a.m. 10-11 a.m. 11-12 p.m.	26-Jun 9-10 a.m. 10-11 a.m. 11-12 p.m.
Week 3 (6/29 - 7/3)	29-Jun 1-2 p.m. 2-3 p.m. 3-4 p.m.	30-Jun 9-10 a.m. 10-11 a.m. 11-12 p.m.	1-Jul 1-2 p.m. 2-3 p.m. 3-4 p.m.	2-Jul 9-10 a.m. 10-11 a.m. 11-12 p.m.	3-Jul 9-10 a.m. 10-11 a.m. 11-12 p.m.
Week 4 (7/6 - 7/10)	6-Jul 1-2 p.m. 2-3 p.m. 3-4 p.m.	7-Jul 9-10 a.m. 10-11 a.m. 11-12 p.m.	8-Jul 1-2 p.m. 2-3 p.m. 3-4 p.m.	9-Jul 9-10 a.m. 10-11 a.m. 11-12 p.m.	10-Jul 9-10 a.m. 10-11 a.m. 11-12 p.m.
Week 5 (7/13 - 7/17)	13-Jul 1-2 p.m. 2-3 p.m. 3-4 p.m.	14-Jul 9-10 a.m. 10-11 a.m. 11-12 p.m.	15-Jul 1-2 p.m. 2-3 p.m. 3-4 p.m.	16-Jul 9-10 a.m. 10-11 a.m. 11-12 p.m.	17-Jul 9-10 a.m. 10-11 a.m. 11-12 p.m.
Week 6 (7/20 - 7/24)	20-Jul 1-2 p.m. 2-3 p.m. 3-4 p.m.	21-Jul 9-10 a.m. 10-11 a.m. 11-12 p.m.	22-Jul 1-2 p.m. 2-3 p.m. 3-4 p.m.	23-Jul 9-10 a.m. 10-11 a.m. 11-12 p.m.	24-Jul 9-10 a.m. 10-11 a.m. 11-12 p.m.
Week 7 (7/27 - 7/31)	27-Jul 1-2 p.m. 2-3 p.m. 3-4 p.m.	28-Jul 9-10 a.m. 10-11 a.m. 11-12 p.m.	29-Jul 1-2 p.m. 2-3 p.m. 3-4 p.m.	30-Jul 9-10 a.m. 10-11 a.m. 11-12 p.m.	31-Jul 9-10 a.m. 10-11 a.m. 11-12 p.m.
Week 8 (8/3 - 8/7)	3-Aug 1-2 p.m. 2-3 p.m. 3-4 p.m.	4-Aug 9-10 a.m. 10-11 a.m. 11-12 p.m.	5-Aug 1-2 p.m. 2-3 p.m. 3-4 p.m.	6-Aug 9-10 a.m. 10-11 a.m. 11-12 p.m.	7-Aug 9-10 a.m. 10-11 a.m. 11-12 p.m.
Week 9 (8/10 - 8/14)	10-Aug 1-2 p.m. 2-3 p.m. 3-4 p.m.	11-Aug 9-10 a.m. 10-11 a.m. 11-12 p.m.	12-Aug 1-2 p.m. 2-3 p.m. 3-4 p.m.	13-Aug 9-10 a.m. 10-11 a.m. 11-12 p.m.	14-Aug 9-10 a.m. 10-11 a.m. 11-12 p.m.

