STATE OF THE ART FACILITIES
All Camps Will Be Held at:
Midwest Volleyball Warehouse
14050 Judicial Road
Burnsville, MN 55337

A State-of-the-Art Volleyball Training Center!
Conveniently located off County Road 42 in Burnsville.

REGISTRATION INSTRUCTIONS
All camp registrations are done online at
www.signuptoplay.com
By registering, you are agreeing to the Participant Release of Liability found on our website.

To register for camps and clinics:
1. Go to www.signuptoplay.com
2. Log in or create a new account.
   (PARENTS: make sure to create a Junior Member account for child, NOT an adult account for yourself.)
3. Click on the ‘Camps & Clinics’ link on the left hand side of your screen
4. Click ‘Register for Camp’
5. Camp Location: select ‘Minnesota’
6. Company Name: select ‘Northern Lights Juniors’
7. Camp Name: select desired camp / clinic
8. Camp Session: select desired session
9. Click the ‘Save’ button
10. Click the ‘Payment’ button and pay online

REGISTRATION IS PAPERLESS
• No registrations accepted by mail.
• All registrations must be completed online at www.signuptoplay.com
• By registering for this camp you are fully agreeing to all terms and conditions in the “Participant Release of Liability Policy.”
• There is no need to mail the release form.
• All cancellations incur a $25 processing fee.
• No pro-rated fees for missing sessions.
• No refunds within 72 hours of camp.

FOR ADDITIONAL INFORMATION ABOUT
Northern Lights Juniors Camps email us at
northernlights@midwestvolleyball.com
or call 952.808.0110
or visit our website:

CAMP DESCRIPTIONS

June Youth & Middle School Camp
Open to girls of all skill levels in grades 5 - 9 during 2017 school year. Sessions will focus on developing and refining individual skills. Friday evening, all day Saturday, Sunday morning. Great way to get instruction and repetition to improve skills! 7:1 camper to staff ratio.

All Skills Camps
Open to girls of all skill levels entering the 7th grade or above in the fall of 2017. Camps will focus on developing and refining individual skills. Campers will be grouped according to skill level, and will be challenged according to their level of ability. Campers participate in skill development drills as well as competitive games. Individual skills are stressed. 7:1 camper to staff ratio.

Elite All Skills Camps
High intensity camps designed for JV, Varsity, and Junior Club players. Camps will cover all areas of volleyball skill development. Designed to push top-level volleyball players. Camps will be run like a Northern Lights Juniors team practice. Players must be able to keep up. Players not able to keep up will be moved onto the regular “All Skills” camp courts. Individual skills are stressed. 7:1 camper to staff ratio.

Elite Club Camps
High intensity camp for players with previous ELITE CLUB experience. Elite means past participation in an ELITE level club. Without previous elite club experience, you must have an evaluation done by Northern Lights for acceptance into the camp. Excellent instruction, high repetition camp! Camper to staff ratio is 6:1.

Aame’s Setter Academy (June 2-4 & July 14-16)
Four sessions Grades 6 and above. All ability levels welcome! Setters will be trained by Dennis “Aame” Amundson. Two camps to choose from. Grade 6 or above in the fall of 2017.

Elite Setter Camp with Cathy Noth (July 21-23)
A high intensity fast paced camp focusing on high repetition. Three day, all day camp, setters will be trained by former National Team Setter Cathy Noth. Basic training each day, then be paired with Middles or Outsiders for part of the day. To attend the Setter camp you must be in Grade 8 or above in the fall of 2017.

NL Setter Camps (July 29-31)
Setters will work on footwork, hand positioning, set placement and tempo. Open to girls of all skill levels entering the 7th grade or above in the fall of 2017. Lead coaches for this camp have high level coaching and collegiate playing experience at the setter position.

Middle Hitter Camp
Three day, half-day camp. Focusing on attacking, blocking, and transition. To attend the Middle Hitter camp you must be in Grade 8 or above in the fall of 2017. You must be a minimum of 5’7” if you are in Grade 8 or 9, and a minimum of 5’9” if you are in grades 10-12.

Defense / Libero Camps
Open to girls of all skill levels. Morning is a review of passing, digging, movement, all types of serving, and back row attacking skills. Open to girls entering the 8th grade or above in the fall of 2017.

Outside Hitter Camps
Outside Hitters camp is a three day, half-day camp. This camp will be high repetition jumping and hitting. To attend the Outside Hitter camp you must be in Grade 8 or above in the fall of 2017.

Summer Youth Clinic – 6 Weeks / 11 Sessions
Twice a week clinics held in the evenings for less experienced players, those entering 4th grade through 6th grade. Cost is $265 for all 11 dates. Summer Youth Clinics are on Monday and Wednesday evenings starting in July. Clinics focus on developing motor skills such as volleyball movement, jumping, throwing. All clinics with a lighter level of play so they can be introduced to all levels of play including spiking and blocking.

Summer Little Spikers – 6 Weeks / 11 Sessions
Twice a week clinics held in the evenings for beginners, those grades K through 3rd grade. Cost is $145 for all 11 dates. Little Spikers are on Monday and Wednesday evenings starting in July. Providing an introduction of the skills of volleyball to young athletes through the use of games and fun. These clinics are open to both boys and girls.

High School 4’s League
You form and register your own team. Your team will play 2 matches per date against other teams. League cost is only $240 per team which includes all matches, officials, and gym. 2 matches in 2 hours. 6 league dates included. Play will start at 5:00 or 7:00 pm each league date. Thursday evenings - 7/6, 7/13, 7/20, 7/27, 8/3, 8/10.

High School Skill Sessions
Northern Lights Summer Skill Sessions are open to girls in grades 7 - 12 in the fall of 2017. These are 1 hour ($25) or 1.5 hour ($35) high repetition skill sessions designed to get you ready for your High School season! Skill Sessions run throughout July and August. Please check online for details about times and dates.

Middle School Skill Sessions
Open to girls of all skill levels in grades 6 - 8 in the fall of 2017. Sessions will focus on developing and refining individual skills. 1 hour ($25) or 1.5 hour ($35) high repetition, middle school only skill sessions run at the end of August. Please check online for details about times and dates.

CLINICS / LEAGUES / SKILL SESSIONS

Summer Youth Clinic – 6 Weeks / 11 Sessions
Twice a week clinics held in the evenings for less experienced players, those entering 4th grade through 6th grade. Cost is $265 for all 11 dates. Summer Youth Clinics are on Monday and Wednesday evenings starting in July. Clinics focus on developing motor skills such as volleyball movement, jumping, throwing. All clinics with a lighter level of play so they can be introduced to all levels of play including spiking and blocking.

Summer Little Spikers – 6 Weeks / 11 Sessions
Twice a week clinics held in the evenings for beginners, those grades K through 3rd grade. Cost is $145 for all 11 dates. Little Spikers are on Monday and Wednesday evenings starting in July. Providing an introduction of the skills of volleyball to young athletes through the use of games and fun. These clinics are open to both boys and girls.

High School 4’s League
You form and register your own team. Your team will play 2 matches per date against other teams. League cost is only $240 per team which includes all matches, officials, and gym. 2 matches in 2 hours. 6 league dates included. Play will start at 5:00 or 7:00 pm each league date. Thursday evenings - 7/6, 7/13, 7/20, 7/27, 8/3, 8/10.

High School Skill Sessions
Northern Lights Summer Skill Sessions are open to girls in grades 7 - 12 in the fall of 2017. These are 1 hour ($25) or 1.5 hour ($35) high repetition skill sessions designed to get you ready for your High School season! Skill Sessions run throughout July and August. Please check online for details about times and dates.

Middle School Skill Sessions
Open to girls of all skill levels in grades 6 - 8 in the fall of 2017. Sessions will focus on developing and refining individual skills. 1 hour ($25) or 1.5 hour ($35) high repetition, middle school only skill sessions run at the end of August. Please check online for details about times and dates.

CAMP DATES/COSTS

<table>
<thead>
<tr>
<th>SESSION</th>
<th>LENGTH</th>
<th>DATES</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>June YMCL Camp</td>
<td>Half-day</td>
<td>July 21-24</td>
<td>$175</td>
</tr>
<tr>
<td>Aame Setters Academy</td>
<td>June 2-4 (grades 6-11)</td>
<td>Full-day</td>
<td>$245</td>
</tr>
<tr>
<td>Camp Runs Friday evening / All day Saturday / Sunday morning</td>
<td>July 5 - July 7 (Camps run 3 days – Fri to Sun)</td>
<td>All Skills Camp</td>
<td>Half-day pm/ Am</td>
</tr>
<tr>
<td>Elite All Skills Camps</td>
<td>Full-day</td>
<td>July 5-7</td>
<td>$205</td>
</tr>
<tr>
<td>Elite Setter Camps</td>
<td>Full-day</td>
<td>July 5-7</td>
<td>$25</td>
</tr>
<tr>
<td>July 10 - July 13 (Camps run 4 days – Mon to Thu)</td>
<td>All Skills Camp</td>
<td>Half-day am/pm</td>
<td>July 10-13</td>
</tr>
<tr>
<td>Elite All Skills Camp</td>
<td>Full-day</td>
<td>July 10-13</td>
<td>$205</td>
</tr>
<tr>
<td>Elite Libero/ DS / Setter Camps</td>
<td>Full-day</td>
<td>July 10-13</td>
<td>$295</td>
</tr>
<tr>
<td>July 14 - July 16 (Camps run 3 days – Fri to Sun)</td>
<td>All Skills Camp</td>
<td>Full-day</td>
<td>July 10-13</td>
</tr>
<tr>
<td>Elite All Skills Camp</td>
<td>Full-day</td>
<td>July 10-13</td>
<td>$205</td>
</tr>
<tr>
<td>Elite Libero / DS Camp</td>
<td>Full-day</td>
<td>July 10-13</td>
<td>$295</td>
</tr>
<tr>
<td>July 17 - July 20 (Camps run 4 days – Mon to Thu)</td>
<td>All Skills Camp</td>
<td>Half-day am</td>
<td>July 14-16</td>
</tr>
<tr>
<td>Elite Setter Camps</td>
<td>Full-day</td>
<td>July 14-16</td>
<td>$175</td>
</tr>
<tr>
<td>Elite Libero &amp; DS Camp</td>
<td>Half-day am</td>
<td>July 14-16</td>
<td>$135</td>
</tr>
<tr>
<td>All Skills Camp</td>
<td>Full-day</td>
<td>July 14-16</td>
<td>$135</td>
</tr>
<tr>
<td>Libero / DS Camp</td>
<td>Half-day am</td>
<td>July 14-16</td>
<td>$135</td>
</tr>
<tr>
<td>Aame Setters Academy</td>
<td>Full-day</td>
<td>July 14-16</td>
<td>$245</td>
</tr>
<tr>
<td>Elite All Skills Camp</td>
<td>Full-day</td>
<td>July 17-20</td>
<td>$275</td>
</tr>
<tr>
<td>Elite All Skills Camp</td>
<td>Full-day</td>
<td>July 17-20</td>
<td>$205</td>
</tr>
<tr>
<td>Session Length Dates Cost</td>
<td>All Skills Camp</td>
<td>Full-day</td>
<td>July 17-20</td>
</tr>
<tr>
<td>Elite Setter Camp</td>
<td>Full-day</td>
<td>July 21-23</td>
<td>$275</td>
</tr>
<tr>
<td>Elite Libero Hitters</td>
<td>Half-day am</td>
<td>July 21-23</td>
<td>$150</td>
</tr>
<tr>
<td>Elite Middle Hitters</td>
<td>Half-day am</td>
<td>July 21-23</td>
<td>$150</td>
</tr>
<tr>
<td>Elite Libero / DS Camp</td>
<td>Half-day am</td>
<td>July 21-23</td>
<td>$150</td>
</tr>
<tr>
<td>July 24 - July 27 (Camps run 4 days – Mon to Thu)</td>
<td>All Skills Camp</td>
<td>Half-day</td>
<td>July 24-27</td>
</tr>
<tr>
<td>Elite All Skills Camp</td>
<td>Full-day</td>
<td>July 24-27</td>
<td>$295</td>
</tr>
<tr>
<td>July 28 - July 30 (Camps run 3 days – Fri to Sun)</td>
<td>All Skills Camp</td>
<td>Full-day</td>
<td>July 24-27</td>
</tr>
<tr>
<td>Elite All Skills Camp</td>
<td>Full-day</td>
<td>July 24-27</td>
<td>$295</td>
</tr>
</tbody>
</table>

CAMP STAFF
CAMP STAFF WILL CONSIST OF:
• Northern Lights Club Coaches
• Collegiate Coaches
• High School Coaches
• Collegiate Players
• Former Northern Lights Players

Our coaches will make a difference in your development and prepare you for your high school season.

WHY NORTHERN LIGHTS CAMP?
• Camper to Staff ratio of 7:1 or better for most camps.
• Volleyball skill development with high repetition and quality ball contacts.
• Increase your skills and improve the level of your game.
• We will get you ready for your high school volleyball season!