

Parents:

This email contains a lot of information regarding the Fall Clinic weekly practices and Saturday competition dates.

== Final Team Assignments ==

Final team assignments will not be done until after teams play on Sunday, September 13. The email with final team assignments and final practice times for Tuesday, September 15, will be sent Monday morning.

== Fall League Training Emphasis ==

The emphasis of this clinic and league is about the weekly practices and skill development. Each week your daughter will be trained by some of the best coaches in Minnesota and her skill set will increase.

The weekend competitions are meant to be a time to showcase those skills and improvements. Sometimes they win, sometimes they lose, but each week is an opportunity to get better.

== Team Placement ==

As you know, during practices we evaluate each player for team placement. These teams have been scheduled into the league for competition on Sunday, September 13. Instructions on how to find your daughter's roster and her match schedule can be found below.

All teams will receive high quality training at every level. We strive to ensure all players are in a position to contribute to their team, and that all players receive quality training and repetition.

Once the team groupings are divided, the decisions are final. Please do not call or email to have your daughter moved to a different team. The coaches will have had the opportunity to evaluate your daughter for almost ten hours of on court analysis and we have found that moving players after this time creates more conflict for the team cohesion.

For the high school teams, we will be putting players in pods of 16 players and creating teams each week within that grouping. For example, teams will be listed as "Northern Lights Senior 1A" and "Northern Lights Senior 1B" the first weekend and then some other grouping of those 16 athletes will be the next weekend.

== Schedules ==

All schedules and rosters for the Fall League will be posted on results.TM2sign.com.

== How to Find Your Daughter's Team Roster ==

- 1) Go to results.tm2sign.com
- 2) Click on "Northern Lights Fall High School League #1 Sept 13"
- 3) Click on MNL Team Rosters

4) Locate your daughter's name on the Northern Lights team rosters

== How to Find your Daughter's Team Schedule ==

- 1) Go to results.tm2sign.com
- 2) Click on "Northern Lights Fall High School League #1 Sept 13"
- 3) Click on Search
- 4) Type "Northern Lights" and click the Search button
- 5) All the Northern Lights teams will be listed - click on your daughter's TEAM

== Match Times and When to Arrive ==

Matches are approximately 1 hour and will be played back to back. We would like players to be on their court and ready to go. Please drop them off 30 minutes before their scheduled match start time.

For example, if they play at 7:30 am, we want them dropped off at 7:00 am. This will give them time to get in the building and on the court ready to warm up, by 7:15 am. They will play at 7:30 am and then again at 8:30 am with little or no break between matches. After their second match, they will be done for the day - approximately 2.5 hours from start to finish.

Please note: Player drop off in front of the building is fine, player PICK UP is not. Because the drop off and pick up times overlap, there is NO PICK UP IN FRONT OF THE BUILDING. There is no stopping and waiting - you will be asked to move.

== Spectators ==

Due to COVID, no spectators will be allowed inside the building for matches. The matches will be live-streamed on every court through www.mvpcast.com.

== Streaming Available ==

Steps to View matches:

1. Go to www.mvpcast.tv
2. Click Pay-Per-View icon (second from the top on the left panel, with computer/tablet icon)
3. Find and browse games
4. Click on the game that you want to watch
5. Follow the instructions to Login or Signup (only first time)
6. Pay for the entire Event (do not pay for a single match)

== The Coaches Coach More Than One Team ==

During the week, we have more coaches than teams for practice, since that is where our emphasis lies. On weekends, we have more teams than coaches, and each coach will be coaching more than one team. Because of this number difference, the coaches must work together to take care of every team.

Due to the capacity restrictions at Midwest Volleyball Warehouse, there will not be a lot of downtime between waves for the girls to warm up. When they come in, they have been instructed to store their gear upstairs and head to their court to start warming up. Their coach will meet them there.

== Parent Responsibilities During Matches ==

We need one parent for each team to work a very simple score sheet and the electronic scoreboard. This is a very easy job that each parent may have the opportunity to do once. We will be taking volunteers, via email, once the schedule is posted. If you are available, please email northernlights@midwestvolleyball.com, listing your daughters name and team for the weekend and we will email you back if you will be needed that particular week.

== Communication ==

If your daughter is going to be absent or late for a practice or a match, parents must send an email to the office (northernlights@midwestvolleyball.com) so we can plan accordingly. This is especially important for weekend matches since teams have been formed with the minimum number of players to ensure maximum playing time. If your daughter isn't going to make it and we don't know about it ahead of time that puts us in a situation where we may end up with only five players on a team and that is very difficult to be competitive. We do keep a calendar with expected absentees, so please let us know with as much notice as possible of a pending absence.

Please make sure to give your daughter's name and the team she is playing on in the email.

Thank you -

Northern Lights Junior Volleyball