

Northern Lights

Subject: Fall Youth & Middle School Clinic & League, RE: Fall Clinic Weekly Update

Parents & Players,

Another great week in the gym with amazing athletes getting a little bit better each day!

== Clinic Information / Updates ==

If you missed an email or need a link to info, it can be found on the Northern Lights website:
<https://www.northernlightsjuniors.org/programs/fall/fall-youth-middle-school-clinic-league/>

== Absences ==

An email was sent out last week with a link to fill out for any absences. This is checked by our staff on a daily basis so the sooner we know a player is missing, the better.

<https://www.emailmeform.com/builder/form/8G2Xee421dNI6Fo5yJ6EZ0C>

For competition days, please give us at least 48 hours notice so a substitute can be found if necessary.

== Face Mask Reminder ==

The athletes have done a great job of wearing their masks into the building and on Mondays and Wednesdays. Please help us in reminding them that they need to wear their mask anytime they are not on the sport court on the weekends. This means when they run to the bathroom, the water fountain, or the training room they need to wear their mask.

A reminder has been sent to the coaches as well.

== Parent Scorekeepers ==

We need one parent per team per day 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. To put your name on the volunteer list, please use the following form. Scorekeepers will be selected and their names will put on the list.

Scorekeeper volunteers will need to wear a mask and sign waiver forms when entering the building.

Youth / Middle School (Saturdays) Signup:

<https://www.emailmeform.com/builder/form/F4YN1wb6xdfd8VBzMP>

The list of selected scorekeepers each week will be posted here when it is ready:

<http://www.northernlightsjuniors.org/nlights/2021/ParentSBVolunteer.pdf>

Please check this list on Thursday to see if your are the scorekeeper. We will NOT be notifying parents each week.

== 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. We are excited she is here and we enjoy making her better.

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.

== Schedule for Weekend Matches on TM2sign.com ==

The weekend schedule will be posted by the Tuesday before the competition date. If you have any questions on how to find the team and schedule please follow the directions below. All schedules and rosters for the Fall League can be located on results.TM2sign.com

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

- 1) Go to results.tm2sign.com
- 2) Click on "Northern Lights Fall League X" (or whichever week we are in)
- 3) Click on Northern Lights Team Rosters (Middle School or Youth)
- 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 League #X"
- 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

== REMINDER: No Competition October 17 ==

No league competition on MEA weekend, Saturday, October 17.

== Tryouts Open ==

Northern Lights Junior Volleyball tryouts are now open for registration.

Please be sure to pre-register for tryouts on SignUpToPlay.com. This information is used to help us prepare court layouts and plan for how many players will be trying out in each age group.

If your daughter plans to tryout, it helps us out if you register sooner rather than later. It helps us to plan for the correct number of teams and assign coaches based on the number of registrants.

== Skill Sessions Open ==

Northern Lights offers Fall Skill Sessions throughout October to get additional opportunities to train. These sessions are designed to get players high reps in a very specific skill.

- * 6th graders and below can ONLY register for the Youth Skill Sessions on Sunday, October 18.
- * 7th & 8th graders are allowed to register for the Elite 13's/14's sessions on October 13, 15, 16, 18, 20, or 22.

More information including dates, times, and registration instructions can be found here:
<https://www.northernlightsjuniors.org/programs/fall/fall-skills-sessions/>

== Fall Youth / Middle School Tryout Prep Camp, October 15-17 ==

Northern Lights is offering the Fall Youth / Middle School Tryout Prep Camp for girls in grades 4 - 8. This is a three day, half day camp that runs October 15-17, 9:00 AM-12:00 PM each day, which takes place over the MEA weekend.

== High School Teams ==

For the athletes who will be playing B-Squad, Junior Varsity, or Varsity level volleyball for their high school teams, depending on what the MSHSL decides about eligibility, we may be able to keep all of you playing on Saturdays, and maybe even practicing during the week.

If your high school coach or your family decides that you will not be continuing with the league because you are playing high school volleyball, simply email us to let us know which high school you are at and that you will not be continuing in the clinic and league.

The MSHSL does not govern Freshman volleyball if you make any of the 9th grade teams for the fall, you are allowed to keep playing with us.

Thank you -

Northern Lights Junior Volleyball