

# Lakeville North High School Volleyball & Lakeville North Juniors

## Fall In-House 2017 Volleyball Program

**Who:** Lakeville 1<sup>st</sup> – 6<sup>th</sup> Grade Girls

**What:** 1<sup>st</sup>-3<sup>rd</sup> grades from 8:30am-10am  
3<sup>rd</sup>-6<sup>th</sup> grades from 10:30am-noon

**Where:** Lakeville North High School and Century Middle School

**Cost:** Registration: \$75.00 (includes t-shirt)

*Fall Dates:*

Saturday, Oct 21<sup>st</sup>, 2017  
Saturday, Oct 28<sup>th</sup>, 2017  
Saturday, Nov 4<sup>th</sup>, 2017  
Saturday, Nov 11<sup>th</sup>, 2017  
Saturday, Nov 18<sup>th</sup>, 2017

The Lakeville North Panther Volleyball Program invites you to participate in a 2017 fall developmental in-house Saturday volleyball program for 1<sup>st</sup> through 6<sup>th</sup> graders! This five-week program is an opportunity for you to enhance your individual and team skills through FUN small group, individual and team practices including games! The sessions will be guided by the Lakeville North High School volleyball coaching staff. Player instruction will be given by the Lakeville North High School volleyball players, volunteer coaches and Lakeville North Junior staff.

Experienced 3<sup>rd</sup> graders (with two or more previous sessions and/or junior club playing experience) have the opportunity and personal choice to enroll in the intermediate session (10:30am – noon) if desired to do so. Both Saturday sessions offered will review basic skills and movement while the intermediate session (10:30am-noon) will progress at a more rapid pace than the beginner session (8:30am-10am).

**Register online** at [www.lakevillenorthjuniors.com](http://www.lakevillenorthjuniors.com) or complete the attached form and mail it to Lakeville North Junior Volleyball c/o Janis Goehner at 19069 Inman Trail, Lakeville 55044 before the registration deadline of Monday, October 16<sup>th</sup>, 2017.

**Parent volunteers** – We invite you to join in on your daughter's Saturday morning volleyball experience! No prior experience or knowledge is necessary to volunteer. You are much appreciated and will receive an on-court opportunity to make an impact on your daughter and her teams five-week growth! Please indicate below if you are interested in assisting in the program.

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\_\_\_\_\_

Player Name Parent(s) Name(s)

\_\_\_\_\_

Address

\_\_\_\_\_

Phone Number School Grade (fall 2017)

\_\_\_\_\_

Email

*SPRING SESSION:*

Grades 1 – 3

Grades 3 – 6

*Indicate SHIRT SIZE:*

Youth Small

Youth Medium

Youth Large

Adult Small

Adult Medium

Adult Large

Adult X-Large

We, the undersigned for ourselves, our heirs, executors and administrators, waive, release and forever discharge Lakeville North volleyball and its staff, officers, employees and representatives of harm of rights and claim for damages, injuries or loss of property which may be sustained or occurred during participation in volleyball activities. I grant permission to the Lakeville North volleyball in house staff to render any preventative measures, basic first aid, acute injury treatment deemed reasonable and necessary during practice.

\_\_\_\_\_

Signature of Parent/Guardian Date

**Parent Volunteer** (please circle) : **Y** or **N** If yes, Name: \_\_\_\_\_

Adult Shirt Size: \_\_\_\_\_