**FL Ranger Volleyball**

Camp/clinic opportunities in Forest Lake for those entering 9th-12th grades

**TEAM RANGER:** summer session opportunities to improve your volleyball skill and fitness

\*workouts and VB skill work **@ FLHS 8:45(nets 8:30)-10:30am** –volleyball**;** workouts **10:30am-11:15am**

**Begin:**  Jun 10th and run Mon & Wed's **@ FLHS (8:30am-11:15am) –** *see calendar on website*

**\*(Tues & Thur- workouts 10:30-11:30am @ Farrell’s-see permission/waiver)**

**Cost**: $100 -payable to FLHS VB Booster Club (use form below)

**July** **Ranger Clinic:** July 15th-18th from 5-7pm @ FLHS ***setter training from 7-8pm***

Cost: **$75 to: FLHS VB Booster Club *(use form below)*** 7th & 8th grade Jr Ranger camp runs 7-8:30pm (plan to help out a day)

NHS / Volunteer Hours: June 24th-27th from 8:30am-11:45am @ **FLHS** - come help at our Community Education camp (5th / 6th are 8:30-10am, 7th / 8th 10:15-11:45am) **(current/former HS players plan to assist =) –thanks!**

**Mail to:** Forest Lake Senior High

Attn: Sherri Alm \*circle: Team Ranger $100 / July Clinic $75

6101 Scandia Trail N. \*We accept walk-in registrations as well\*

Forest Lake, MN 55025

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ grade entering: \_\_\_\_\_

Parent name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ contact # : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I have my own insurance and will not hold District 831, coaches, or helpers, liable.

Health issues we should be aware of: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Strength: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Weakness: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Goal(s) you have while being here: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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For **fall happenings** **and updates** check out volleyball @ rangers.flaschools.org Fall registration begins early July. Tryouts (start of season) Aug 12-14th, be prepared! 