

Mizuno M1 Volleyball 2019

Fall Volleyball Programs

Experience the Difference at Minnesota's Finest Jr VB Training Program. Register ONLINE @ www.m1volleyball.com

M1 Fall League/Team Program: Mon/Thu Practices, Sat Morning League Play

- Girls Gr 5/6, 7/8/9: Incl Uniform T, Weekly practices (6pm/730pm Times, 5 Sat Events)
- Dates: Sept 5th-Oct 12th, M1 will have 8-10 teams, Sign up Online Early! **No Cuts!** \$425: _____

M1 Summer HS Skill Sessions/Group Instruction: Mon-Thu Sessions 4p-530p (Check Week)

- July 29-Aug 1 Aug 5-8 Serve, Pass/Defense, Hit/Block, Daily \$40 \$150/wk: _____

Sunday Fall Skills Sessions – Core Skill Instruction, Drills & Games Sept 8th – Oct 13th

- Girls/Boys Little Diggers: Grades K-1 6pm – 715pm (6 weeks) \$125: _____
- Girls/Boys Level I: Grades 2-3 6pm – 715pm (6 weeks) \$125: _____
- Girls/Boys Level II: Grades 4-5 6pm – 715pm (6 weeks) \$125: _____
- Girls/Boys Middle School Grades 6-8 6pm – 730pm (6 weeks) \$175: _____

**Weekly Walkups: \$25 Grades 1-5, \$35 Grades 6-8

MEA Break Skills Clinics: Gr 6-9 Thurs Oct 17th / Fri Oct 18th

- Thurs Oct 17th: Setting Clinic 9am – 1030am \$45: _____
- Thurs Oct 17th: Hitting / Serving Clinic 9am – 1030am \$45: _____
- Thurs Oct 17th: Libero/Defense Clinic 11am-1230pm \$45: _____
- Fri Oct 18th: All Skills Clinic 9am – 11am \$55: _____

Pre Club Tryout Clinics: 90min (Work with M1 Staff before Club Team Tryouts)

- Saturday Sept 28th: 5pm: 11s-14s (*Note: 12s, 13s, 14s Tryouts are on Oct 6th) \$35: _____
- Saturday Oct 5th: 5pm: 11s-14s (*Note: 12s, 13s, 14s Tryouts are on Oct 6th) \$35: _____
- Saturday Oct 19th: 10am: 15s (9th Grade) \$35: _____
- Saturday Oct 26th: 10am: 15s/16s (9th / 10th Gr) \$35: 15s _____ 16s _____
- Saturday Nov 2nd: 10am: 15s (9th Gr), 12n: 16s/17s (10th/11th Gr) \$35: 10a _____ 12n _____

Pre Club Tryout Sunday Skill Sessions (Girls): 90min

- Sunday Oct 20th: 5pm 15s (9th Gr) \$35: _____
- Sunday Oct 27th: 5pm 15s/16s (9th – 10th Gr), 7pm 17/18s (11th/12th Gr) \$35: 5p _____ 7p _____
- Sunday Nov 3rd: 3pm 15s (9th Gr), 5pm 16s (10th Gr), 7pm 17/18s (11/12th Gr) \$35: 3p _____ 5p _____ 7p _____

Pre Tryout Open Gyms: \$10 per session: 90min

- Mon – Thu Oct 21-24 6pm – 730pm Daily Walkup \$10, \$35/Week In Advance \$35: _____
- Sat Nov 2nd: 2pm (15s – 18s) \$10: _____
- Sat Nov 9th: 10am (15s), 12n (16s-18s) \$10: 10a _____ 12n _____
- Mon-Thu Oct 28-31st: 15s – 18s: 6p-730p Daily Walkup \$10, \$35/Wk In Advance \$35: _____
- Mon – Thu Nov 4-7th: 15s – 18s: 6p-730p Daily Walkup \$10, \$35/Wk In Advance \$35: _____

*Note: Register for Mizuno M1 Club Season Tryouts at www.m1volleyball.com

Name: _____ Email: (print clearly) _____

Address: _____ City: _____ ZIP: _____ Phone (H) _____

Position: _____ Age: _____ Grade(Fall'19): _____ T-shirt Size: _____ Club Team: _____

REGISTER ONLINE or Make checks payable to M1 Volleyball. Registrations are Non-Refundable and Non Transferrable.

Space is limited. We recommend that athletes register early. Confirmations will be sent by email.

I hereby authorize the staff of Minnesota One (M1) Volleyball to act according to their best judgment in any emergency requiring medical attention and I waive and release Minnesota One (M1) Volleyball, Inc from any injuries or illnesses incurred while at the practice, class, clinic or open gym session. I have no knowledge of any physical impairment that would be affected by the above child's participation in the above program(s).

Parent/Guardian's Signature _____ Date _____

Mail Form and Check Pmt to: M1 Volleyball Fall Programs, 1701 94th St. W, Suite #300, Bloomington, MN 55431

Or Register with Credit Card ONLINE at www.m1volleyball.com

Questions? Call M1 @ 952-473-9712 or email admin@m1volleyball.com

Private Lessons: Offered weekly at M1, email Admin@M1volleyball.com to book times.