



Club Youth Training and Tournament Play Winter/Spring 2024

Session I	Times	Sunday	Times	Thursday	Tournament* Thurs/Fri
Grades 5–6	6:00-7:30pm	Jan 14, 21, 28 Feb 4, 11, 18, 25 Mar 3	4:00-5:30pm	Jan 4, 11, 18, 25 Feb 1, 8, 15, 22	Fri Jan 26 Fri Feb 9 Thurs Feb 29
Grades 7–8	7:30-9:00pm	Jan 14, 21, 28 Feb 4, 11, 18, 25 Mar 3	4:00-5:30pm	Jan 4, 11, 18, 25 Feb 1, 8, 15, 22	Fri Jan 19 Fri Feb 2 Fri Mar 1
Session II	Times	Sunday	Times	Thursday	Tournaments* Wed/Thurs/Fri
Grades 5–6	6:00-7:30pm	Mar 10, 17, 24 Apr 14, 21, 28 May 5, 12	4:00-5:30pm	Mar 7, 14, 21 Apr 4, 11, 18, 25 May 2	Fri April 12 Fri April 26 Thurs May 9
Grades 7–8	7:30-9:00pm	Mar 10, 17, 24 Apr 14, 21, 28 May 5, 12	4:00-5:30pm	Mar 7, 14, 21 Apr 4, 11, 18, 25 May 2	Fri March 22 Fri April 19 Wed May 8

Location: Center Court for ALL activities 815 Northview Road, Waukesha, WI 53188

Format: 8-week program sessions - 2 Practices a week
 1st Practice is 90 min session – with lead coaches and team coaches directed at skill development, footwork, ball control, and court related movement
 2nd Practice is 90 min session – with your team and coach focused on teamwork, offense and defense systems, skill development and more
 3 Tournaments consisting of 2-4 matches each **Note dates & times are tentative Fri 5:30-8pm or Wed 5:00-7:30, Thu 4:30-7:30, dates could possibly adjust due to facility availability.*

Sign Up: First session or two will be evaluations to split teams to accommodate positions

Coaches: Lead Coaches – Multiple coaches to train skills & fundamentals
 Team Coaches – One coach assigned per team for team practice & tournament play

Participants: Designed for those athletes, who would like a club like experience on a new level.

- shorter season
- local program, no travel
- fits busy schedules
- manages multi-sport athletes
- works for multiple family activities and or children.



5/6 Level: Generally, grades 5-6th This level is designed for girls who are in 5-6th grades.

7/8 Level: Generally, grades 7-8th This level is designed for girls who are in 7-8th grades.

Uniform: \$40 for Practice T-Shirt & Uniform Jersey (numbers will be assigned) Participants in the program will purchase the Practice & Uniform Jersey for the season separately. Same uniform is used for the both sessions, only need to purchase once. Please add to your cart on line or include with your payment. Group pictures will be taken each session.

Program & Uniform: \$425.00 & \$40 register online www.midwestpenguins.com / or mail a check.

Please complete the information below and return along with payment to:

Midwest Penguins Volleyball, N27W22444 Burningwood Ln, Waukesha WI 53186

Deadline to register is: 2 Weeks prior to the session start date or when max capacity is reached if earlier.

Program	Start Date	Amount	Total
Session I	Starts Jan 4	\$425	\$
Session II	Starts Mar 7	\$425	\$
Uniform Package		\$40	\$
		Total Due	\$
Circle Practice T-Shirt	Youth Size M L	Adult Size S M L XL other	
Circle Jersey Size	Youth Size M L	Adult Size S M L XL other	

Athlete Name: _____ **Female** **Grade** _____ **Phone ()** _____

Email Address(s): _____

Emergency Contact: _____ **Phone Number: ()** _____

Medical Information: - Please list and explain specific health concerns including physical limitations/restrictions:

State any specific instructions for medical care and emergencies:

I verify that my child has been checked by a licensed physician and is physically able to participate in the Volleyball camp. I have read and am aware of concussion symptoms and will complete necessary release. I agree there is potential for injury in an event like this. I agree if any concussion like symptoms appear, participation will cease until medical clearance. Should any injury to my child occur, I assume full responsibility and costs related to injury.

Parent/Guardian Signature: _____ **Date:** _____



Midwest Penguins Volleyball - PARTICIPANT RELEASE OF LIABILITY

Sep. 1, 2023 through Oct 31, 2024 -- READ BEFORE SIGNING

In consideration of being allowed to participate in any way in the program, related events and activities, I the undersigned, acknowledge, appreciate, and agree that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, BUT NOT GROSS NEGLIGENCE OF THE RELEASEES; or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If however I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE Midwest Penguins Volleyball LLC, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event (RELEASEES), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT AND INDUCEMENT.

X _____
Participant's Signature Age Date

FOR PARENTS/GUARDIANS OF PARTICIPANT OF MINOR AGE

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liability incidents to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

X _____
Parent/Guardian Signature Date Emergency Phone Number(s)