



# MINNESOTA NORTH VOLLEYBALL

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PARENT MEETING AND INFORMATION  
2023-2024 SEASON

# ABOUT US

Minnesota North Volleyball is a 501c non-profit volleyball club based out of Duluth, Minnesota.

We were established in 2006 as an evolution of East End Volleyball to serve the greater area.

Since then, we have grown to as large as 25 teams in a single season, with almost 4000 athletes having gone through the Minnesota North Volleyball program.







# MINNESOTA NORTH VOLLEYBALL MISSION AND GOALS

To promote the growth of youth volleyball in Northeastern Minnesota and Northwestern Wisconsin by providing instruction and opportunities to play in organized youth leagues.

MN North National, Select and Club teams provide athletes of all skill levels with an environment to accomplish their volleyball goals, make lifelong friendships and learn life lessons.

# ATHLETE TRAINING AND DEVELOPMENT

**JIM BOOS**

**DIRECTOR OF PLAYER DEVELOPMENT**



Minnesota North is excited to announce Jim Boos, is continuing as our Director of Player Development

Jim has been the Head coach of the University of Minnesota Duluth volleyball program for the last 21 years. Jim has proven success at the NCAA Division II level, and a strong history of athlete development.

Jim will be assisting in helping develop our athletes through skills session and coaching development within our program.



Minnesota North Volleyball is proud to be working with ETS Performance for the 2023-2024 Season.

ETS Performance is an elite athlete training program that helps athletes develop strength, speed, and performance through individual training sessions.

All MN North athletes can receive a Free Sports Performance Evaluation, and a 20% discount on all training services.



**ETS PERFORMANCE TRAINING**

# MINNESOTA NORTH ALUMNI

## SUCCESS ON THE COURT



Minnesota North Volleyball has proudly helped athletes have success during and after their high school careers.

Over 130 of our athletes have gone on to play college volleyball after high school.

Our full alumni list is available to view on our website



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11+ DIVISION ONE LEVEL ATHLETES

II

35+ DIVISION TWO LEVEL ATHLETES

III

55+ DIVISION THREE LEVEL ATHLETES



# TEAMS AND LEVELS – HOW WE OPERATE



## NATIONAL TEAMS

Our National teams are our most competitive. They travel all over Midwest to play in competitive tournaments and face the toughest competition. National teams typically practice 55-65 times in a season. All our national teams plan on competing in a national tournament at the end of season (Either AAU nationals or USAV Nationals)



## SELECT TEAMS

Our select teams are competitive teams that play a more local schedule with the addition of two multi-day tournaments in the Twin Cities. Select teams typically practice 40-50 times in a season.



## CLUB TEAMS

Our club teams are focused on athlete development and play a local schedule. These are primarily our 12-14s levels team. Club teams typically practice 35-40 times a season.



# GIRLS SAMPLE TOURNAMENT SCHEDULE

	12's National	12's Club	13's National	13's Select	13's Club	14's National	14's Select	14's Club	15's National	15's Select	16's National	16's Select	17-18's National	17-18's Select
<b>Local MN North Tournaments</b>														
Freeze	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Spring Classic	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Duluth Cup	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Snownami	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Showcase	X	X	X	X	X		X	X	X	X		X	X	X
Head of the Lakes	X	X	X	X	X	X	X	X	X	X	X	X	X	X
<b>Away Tournaments</b>														
Spikin' in Superior				X			X			X		X		X
January Thaw (Cities)						X					X			
Presidents Day (Cities)	X		X	X			X			X		X		X
Presidents Day (Omaha)						X			X		X		X	
Northern Lights Qualifier (Cities)						X			X		X		X	
Pentagon (Sioux Falls)			X			X			X		X		X	
Midwest Fiest (Cities)	X		X			X			X		X		X	
Molten Cup (Cities)			X			X			X		X		X	
AAU Nationals			X			X			X		X		X	



PLEASE NOTE THAT THESE ARE SAMPLES  
INDIVIDUAL TEAM SCHEDULES WILL BE RELEASED IN EARLY DECEMBER 2023

# STAY AND PLAY EVENTS

For the following tournaments you **MUST** stay at the hotels provided by the club:

- January Thaw
- President's Day Omaha
- Northern Lights Qualifier



# TEAM PRACTICES

Our teams practice out of the Duluth Indoor Sports Center, Superior Schools and Stella Maris Academy.

Each practice session is designed to develop player's individual skills and apply them to game like scenarios.

National teams average 2 practices per week.

Select and Club teams have 1-2 practices per week.

Teams will usually be practicing with at least 1 other team in similar age/skill range.



# TEAM PRICES – COSTS AND FEES 2023-2024 SEASON

Team Level	Number of Tournaments	Cost Per Athlete
12s Select	6-7	\$575
12s Nationals	8-9	\$795
13-18s Select	7-8	\$1200
13 National	10-12	\$2400
14-18 National	11-13	\$2700
12-18 Boys Select	3-6	\$700



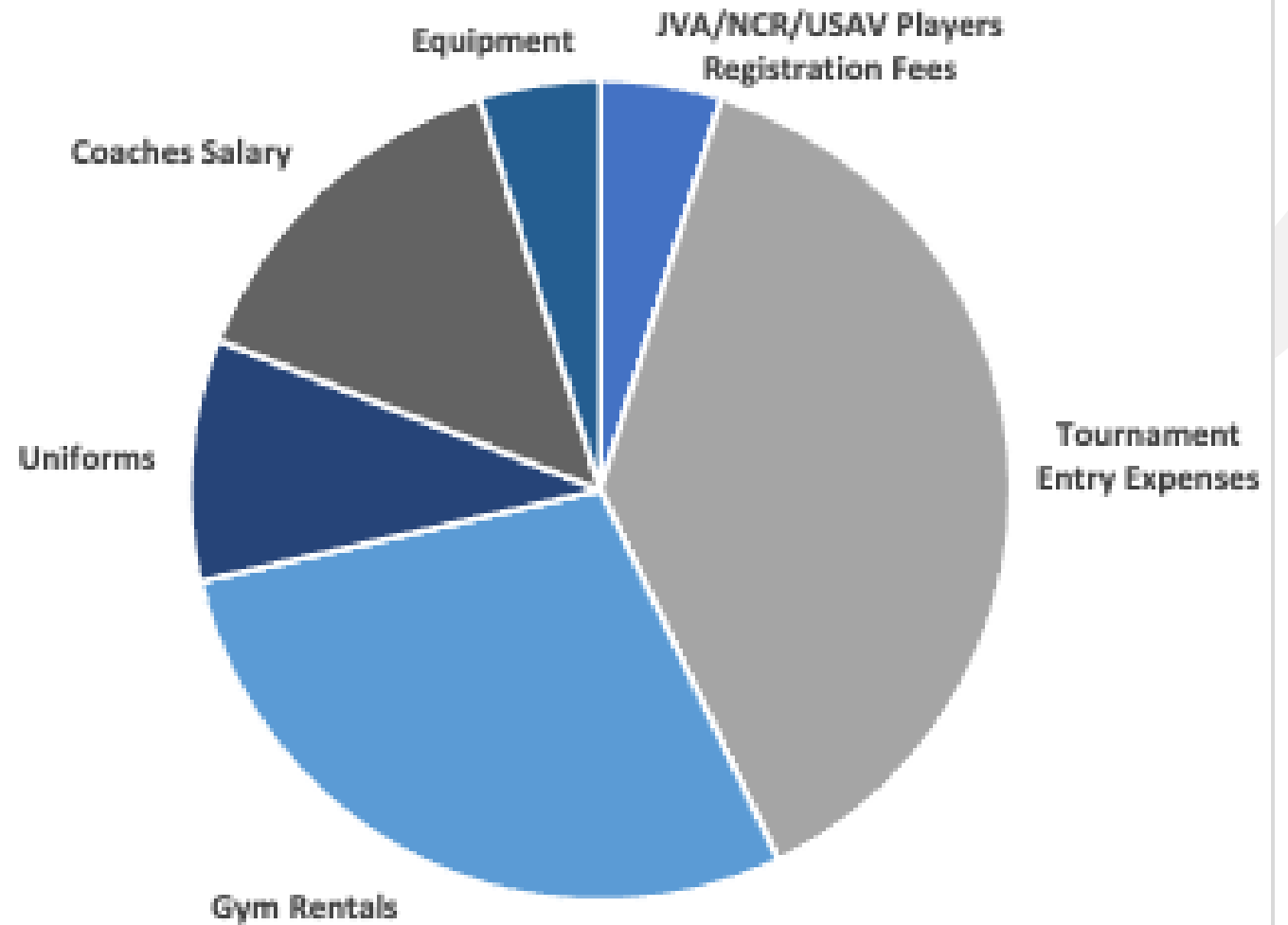
# PRICE COMPARISONS TO OTHER CLUBS AROUND THE STATE

Junior Program	Location	Team Fee (16 National)	Deposit
Mizuno Northern Lights	Burnsville	\$7,540	\$1,500
Minnesota Select	Maple Grove	\$6,500	\$900
Vital VBC	Eden Prairie	\$6,160	\$700
Club 43 Volleyball	Hopkins	\$5,950	\$800
Mizuno M1	Bloomington	\$5,585	\$1,000
Crossfire Volleyball	Champlin	\$5,350	\$700
Kokoro VBC- Twin Cities	North St. Paul	\$4,965	\$800
<b>Minnesota North</b>	<b>Duluth</b>	<b>\$2,700*</b>	<b>\$300</b>
Southern MN VBC	Rochester	\$2,600	\$600
Minnesota Select (Boys)	Maple Grove	\$2,050	\$200
<b>Minnesota North (Boys)</b>	<b>Duluth</b>	<b>\$700*</b>	<b>\$100</b>



\*While some club's fess may include travel expenses, MN North price does not.

## COSTS AND FEE BREAKDOWN





# AGE DEFINITIONS FOR ATHLETES

## AGE REQUIREMENTS

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Age Group	Date of Birth (on or after date below)
12s	July 1 <sup>st</sup> , 2011
13s	July 1 <sup>st</sup> , 2010
14s	July 1 <sup>st</sup> , 2009
15s	July 1 <sup>st</sup> , 2008
16s	July 1 <sup>st</sup> , 2007
17s	July 1 <sup>st</sup> , 2006
18s	July 1 <sup>st</sup> , 2005



IF YOU HAVE ANY QUESTIONS ABOUT YOUR CHILD'S AGE GROUP PLEASE REACH OUT

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## TRYOUT DATES

- **Ages 14 and Under: Sunday November 5th**
  - Grades 3-6 (12s): Check In: 7:00 am- 8:00 am
    - Tryouts: 8:00 am- 11:00 am
  - Grades 7-8 (13s-14s): Check In: 11:00 am- 12:00 pm
    - Tryouts: 12:00 pm- 4:00 pm
- **Ages 18 and Under: Sunday November 12th**
  - Grades 9-10 (15s-16s): Check In: 7:00 am- 8:00 am
    - Tryouts: 8:00 am- 12:00 pm
  - Grades 11-12 (17s-18s): Check In: 12:00 pm- 1:00 pm
    - Tryouts: 1:00 pm- 5:00 pm
- **Boys Volleyball: Saturday November 11th**
  - All Ages: Check In: 12:00 pm- 1:00 pm
    - Tryouts: 1:00 pm- 3:00 pm

# REGISTRATION INFORMATION

<b>Sunday November 5th</b> Grades 2-6 (12s)	Tryout Day Registration: 7:00 am- 8:00 am
<b>Sunday November 5th</b> Grades 7-8 (13s-14s)	Tryout Day Registration: 11:00 am- 12:00 pm
<b>Sunday November 12th</b> Grades 9-10 (15s-16s)	Tryout Day Registration: 7:00 am- 8:00 am
<b>Sunday November 12th</b> Grades 11-12 (17-18s)	Tryout Day Registration: 12:00 pm- 1:00 pm
<b>Saturday November 11th</b> Boys (All Ages)	Tryout Day Registration: 12:00 pm- 1:00 pm

<b>Step 1</b>	<b>Pre-register online</b> <b>**Please pre-register so we can setup for tryouts effectively**</b>
<b>Step 2</b>	Fill Out 4 Forms <ul style="list-style-type: none"> <li>•JVA Release and Reliability 2023-2024</li> <li>•JVA Medical Release and Waiver Form 2023-2024</li> <li>•USAV Medical Form 2023-2024</li> <li>•Birth Certificate for National Teams</li> </ul>
<b>Step 3</b>	3 Separate Checks Will be Required at Tryouts <ul style="list-style-type: none"> <li>•Team Deposit: 12s &amp; 13-14s Club and Boys: \$100 13s-18s: \$300</li> <li>•Tryout Fee: \$20.00 per player (non-refundable)</li> <li>•Concessions Deposit Fee: \$400 (per player)</li> </ul>



# DEPOSIT INFORMATION

## TEAM DEPOSITS

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Team Deposits are needed at tryouts and are in the following amounts:

**Boys, 12s, 13-14s Club - \$100**

**13s-18s - \$300**

These checks are cashed after tryouts and are used to cover the cost of jersey and apparel orders in the beginning of the season.

Each player is required to have a concessions deposit check of \$400 at tryouts.

All parents/players are required to work multiple concession shifts at home tournaments during the season.

This check is only cashed if concession shifts are not worked during the season.

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## CONCESSION DEPOSIT



The specified number of concessions shifts will be released after tryouts.

# EXPECTED PAYMENT SCHEDULE

Team	Deposit	Dec. 10	Jan. 10	Feb. 10	Mar. 10	Apr. 10	May 10	June 10th	Total
<b>12s Club</b>	\$100	\$100	\$60	\$60	\$60	\$60	\$60	-	<b>\$575</b>
<b>12s National</b>	\$100	\$150	\$125	\$125	\$125	\$85	\$85	-	<b>\$795</b>
<b>13-14 Club</b>	\$100	\$100	\$100	\$100	\$100	\$75	\$75	-	<b>\$650</b>
<b>13-18s Select</b>	\$300	\$150	\$150	\$150	\$150	\$150	\$150	-	<b>\$1200</b>
<b>13 National</b>	\$300	\$ 300	\$300	\$300	\$300	\$300	\$300	\$300	<b>\$2400</b>
<b>14-18 National</b>	\$300	\$350	\$350	\$350	\$350	\$350	\$350	\$300	<b>\$2700</b>
<b>12-18 Boys Select</b>	\$100	150	150	150	150	-	-	-	<b>\$700</b>





# FUNDRAISING

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Fundraising is a great way to reduce your child's player fees.

MN North is looking for a group of volunteer parents to lead and expand fundraising.

Our current fundraising opportunities are listed on the Minnesota North Website.

\*Fundraising credits can only be applied towards player fees. No refunds will be offered, if you have credit it will carry forward to your fees next year.







THANKYOU!