

Mizuno M1 Volleyball 2025

Fall Volleyball Programs

Register ONLINE @ www.m1volleyball.com

Sunday Fall Skills Sessions – Core Skill Instruction, Drills & Games Sept 14th – Oct 12th

• Girls/Boys Little Diggers:	Grades K-2	6pm – 715pm (5 weeks)	\$130: _____
• Girls/Boys Level II:	Grades 3-4	6pm – 730pm (5 weeks)	\$180: _____
• Girls/Boys 12s Division	Grades 5-6	6pm – 730pm (5 weeks)	\$180: _____
• Girls/Boys Middle School	Grades 7-9	6pm – 730pm (5 weeks)	\$180: _____
• Girls Fall League	Grades 5/6,7 th ,8 th (*Fall League runs Sept 4 th -Oct 11th)		\$450: _____

MEA Break Skills Clinics: Gr 6-9 Thurs Oct 16th/ Fri Oct 17th

• Thurs Oct 16 th :	Setting Clinic	930am – 11am	\$45: _____
• Thurs Oct 16 th :	Hitting Clinic	930am – 11am	\$45: _____
• Thurs Oct 16 th :	Serving/Passing Clinic	1130am-1pm	\$45: _____
• Fri Oct 17 th :	All Skills Clinic	930am – 1130am	\$60: _____

Pre Tryout Club Season Skill Sessions: 90min

• Saturday Oct 18 th -	930am-11am:	12s, 13s, 14s	\$45: _____
• Saturday Oct 25 th -	930am-11am:	12s, 13s, 14s	\$45: _____
• Saturday Oct 25 th -	1130am-1pm:	15s	\$45: _____
• Saturday Nov 1 st -	930am-11am:	15s	\$45: _____
• Saturday Nov 1 st -	1130am-1pm:	16s	\$45: _____
• Saturday Nov 1 st -	130pm-3pm:	17/18s	\$45: _____
• Saturday Nov 8 th -	930am-11am:	15s	\$45: _____
• Saturday Nov 8 th -	1130am-1pm:	16s	\$45: _____
• Saturday Nov 8 th -	130pm-3pm:	17/18s	\$45: _____

Pre Tryout Club Season Open Gym Sessions: 90min/4's/6's Play

• Tue & Thu Oct 21 st ,23 rd	6pm – 730pm	12s,13s, 14s	(2 Sessions)	\$45: _____
• Mon & Wed Oct 27 th , Oct 29 th	6pm – 730pm	17s,18s	(2 Sessions)	\$45: _____
• Mon & Wed Oct 27 th , Oct 29 th	730 – 9pm	16s	(2 Sessions)	\$45: _____
• Tue & Thu Oct 28 th , Oct 30 th	6pm – 730pm	15s	(2 Sessions)	\$45: _____
• Mon & Wed Nov 3 rd , 5 th	6pm – 730pm	17/18s	(2 Sessions)	\$45: _____
• Mon & Wed Nov 3 rd , 5 th	730 – 9pm	16s	(2 Sessions)	\$45: _____
• Tue & Thu Nov 4 th , 6 th	6pm – 730pm	15s	(2 Sessions)	\$45: _____

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

Name: _____ Parent Email: (print clearly) _____

Address: _____ City: _____ ZIP: _____ Parent Cell: _____

Position: _____ Age: _____ Grade(Fall'25): _____ T-shirt Size: _____ Club Team('24-'25): _____

REGISTER ONLINE Only. 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 _____

Register 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.