

Parents & Players,

Fall Clinic Weekly Update:

== Fall League Absences ==

If your daughter can't make it to a practice or a competition date we need to know. Please go to the following link and fill out the form:

<https://www.emailmeform.com/builder/form/8G2Xee421dNI6Fo5yJ6EZ0C>

If your daughter isn't going to make game day, we absolutely need to know about it ahead of time. Teams with only 4 or 5 players make it very difficult to be competitive. Please let us know about absences ahead of time so we can make adjustments.

For competition days, please give us at least 48 hour notice so a substitute can be found for your daughter if necessary.

== Live Streaming ==

Live Streaming is available. Information can be found here: <https://www.northernlightsjuniors.org/streaming/mvw-streaming/>

== Schedule & Roster ==

Both the schedule and the roster are up for this weekend. Please go to <https://vbschedule.com/app/results/event/30/divisions>.

Please note that games start at both 7:30am and 7:30pm. When you are looking for your daughter's schedule, be sure to note if it is a morning or evening set of games.

== Tryouts Open ==

Northern Lights Junior Volleyball tryouts are now open for registration.

Our website has been updated with complete tryout information for the 2024 season.

Please be sure to pre-register for tryouts on SignUpToPlay.com. This information is used to help us prepare court layouts and plan for how many players will be trying out in each age group.

If your daughter plans to tryout, it helps us out greatly if you register sooner rather than later. It helps us to plan to the correct number of teams and assign coaches based on the number of registrants.

== Additional Training ==

Northern Lights offers Fall Skill Sessions on Saturday or Sunday afternoons throughout October beginning on September 30. These sessions are designed to get players high reps in a very specific skill.

Players in grades 4 - 6 can register for Youth skill sessions only. Players in grades 7 - 8 can register for Intermediate and Elite skill sessions (13/14's).

Northern Lights is offering two camps over MEA week to help your daughter prep for the upcoming club season tryout. MEA evening camp will take place on October 16 - 18 from 5:30pm - 9:00pm. MEA day camp will take place on October 19 - 21 from 9am - 4pm. MEA camps are open to players in grades 4 - 9.

More information about both programs including dates, times and registrations instructions can be found on our website (www.northernlightsjuniors.com) and then click on "Programs", "Fall".

Thank you -

Northern Lights Junior Volleyball