

Parents:

This email contains a lot of information regarding the Fall Clinic weekly practices and Sunday competition dates.

== Final Team Assignments ==

Final team assignments will be done AFTER teams play on Sunday, September 10. The email with final team assignments will be sent Monday, September 11.

Please note the following practice times starting on Wednesday, September 13:

- . 5:30-7:00 - All YOUTH TEAMS
- . 5:30-7:00 - MIDDLE SCHOOL teams 8-Black / 7-Black / 7-2 / 7-5
- . 7:15-9:00 - All other MIDDLE SCHOOL teams

== Fall League Training Emphasis ==

The emphasis of this clinic and league is all about the weekly practices and skill development. Each week your daughter will be trained by some of the best coaches in Minnesota and her skill set will increase. We are excited she is here and we enjoy making her better.

The weekend competitions are meant to be a time to showcase those skills and improvements. Sometimes they win, sometimes they lose, but each week is an opportunity to get better.

== Team Placement ==

As you know, during practices we evaluate each player for team placement. These teams have been scheduled into the league for competition on Sunday, September 10. Instructions on how to find your daughter's roster and her match schedule can be found below.

We understand everyone wants to be on the Elite teams, but it is just not possible. All teams will receive high quality training at every level. We strive to ensure all players are in a position to contribute to their team, and that all players receive quality training and repetition.

Once the teams are divided, the decisions are final. There could be minor changes based on what we see during match competition the first weekend. Please do not call or email to have your daughter moved to a different team. The coaches will have had the opportunity to evaluate your daughter for almost eight hours of on court analysis and we have found that moving players after this time creates more conflict for the team cohesion.

== Schedules on vbschedule.com ==

All schedules and rosters for the Northern Lights Fall League will be posted on vbschedule.com. In addition, direct links to the weekly schedules will also be posted on the Northern Lights website as soon as they are available:

<https://www.northernlightsjuniors.org/events/northern-lights-fall-league/>.

A direct link to this week's schedule can be found in the instructions below.

== How to Find Your Daughter's Team Roster ==

- 1) Go to vbschedule.com
- 2) Click on Northern Lights Team Rosters (Middle School or Youth)
- 3) Locate your daughter's name on the Northern Lights team rosters

== How to Find your Daughter's Team Schedule ==

- 1) Go to vbschedule.com
- 2) Click on Search
- 3) Type "NL" and click the Search button
- 4) All the Northern Lights teams will be listed - click on your daughter's TEAM

== Match Times and When to Arrive ==

Matches are approximately 1 hour and will be played back to back. We would like players on the main level of the warehouse, by the court they will be playing their first match, 30 minutes before their first match.

For example, if they play at 7:30 AM, we want them by the court, ready to warm up, at 7:00 AM. They will play at 7:30 AM and then again at 8:30 AM with little or no break between matches. After their second match, they will be done for the day - approximately 2.5 hours from start to finish.

== Admission Fee ==

There is a \$5.00 entry fee at the door for ALL spectators on competition days. Cash and credit cards accepted. No checks. Children 5 & under are free.

Please note that NO ONE will be permitted into the building for free to "escort" their daughter to the court.

== The Coaches Coach More Than One Team ==

During the week, we have more coaches than teams for practice, since that is where our emphasis lies. On weekends, we have more teams than coaches, and each coach will be coaching more than one team. Because of this number difference, the coaches have to work together to take care of every team.

When your daughter and her team arrive 30 minutes early for each match, they have been instructed to go to the Coaches Room and a coach or a staff member will be waiting to warm them up. If their coach is in the coaches room, then their coach will warm them up accordingly. If their coach is not in there it is because their coach is coaching another team, and someone else will supervise their dynamic warm up in the SAQ room. There is to be no ball handling in the SAQ room at all.

After they are warm, they will head to their court and wait for their match to start. A staff member from Northern Lights Junior Volleyball (this will be either an adult coach or the ref on their court) will help them during their hitting warm up. Before the match starts, a coach will be on the bench to help them during the match itself.

== Parent Responsibilities During Matches ==

We need one parent for each match to work a very simple score sheet and the electronic scoreboard. This is a very easy job that each parent needs to do at least once. Having a parent run the scoreboard makes the league run much faster and eliminates the need to have another team act as the officiating crew. Eliminating the officiating crew means you spend one less hour in the gym each week.

Every year we have parents who politely decline to work at the score table when they are asked. Please do not be that parent. This responsibility is not optional.

Also, please be sure to cheer for your daughter and her teammates during the matches. As they say at the beginning of every Gopher volleyball match, "Be Loud. Be Proud. Be Golden".

== Communication ==

If your daughter is going to be absent for a practice or a match, parents must fill out this form so we can track it:

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

This is especially important for weekend matches since teams have been formed with the minimum number of players to ensure maximum playing time. If your daughter isn't going to make it and we don't know about it ahead of time that puts us in a situation where we may end up with only five players on a team and that is very difficult to be competitive. We do keep a calendar with expected absentees, so please let us know with as much notice as possible of a pending absence.

== Fall SAQ Offering ==

We will be offering an optional Fall Speed / Agility / Quickness (SAQ) program specifically for the Fall Youth / Middle School players. This program will ONLY be open to participants in the Fall Clinic. It will not be available to Little Spikers, Super Spikers, or any other players not participating in the Fall Clinic. It is completely optional.

The program will include 9 sessions for \$95.00. All sessions will be held in our private SAQ room located by Court 2. Players will receive high-level training for speed, movement, jumping, and strength. Sessions will be held on Mondays & Wednesdays: 9/13, 9/18, 9/20, 9/25, 9/27, 10/2, 10/4, 10/9, and 10/11.

Times of the sessions depends on your group's practice time:

- . YOUTH teams practice time is 5:30-7:00, SAQ training will be before practice at 4:45-5:30.
- . MIDDLE SCHOOL teams with a practice time 7:15-9:00, SAQ training will be before practice at 6:00-7:00.
- . MIDDLE SCHOOL teams with a practice time 5:30-7:00, SAQ training will be after practice at 7:00-7:45.

There will be no youth players accepted to the middle school SAQ and no middle school players accepted to the youth SAQ.

Registration will NOT open until AFTER final team assignments have been made on Monday, September 11. Instructions will be in the final team assignment email.

If you have any questions, please email northernlights@midwestvolleyball.com.

Thank you -

Northern Lights Junior Volleyball