

2024

Lakeville North Panther Volleyball High School Camp

**Welcome Guest Clinician
Jessy Jones Tow-Arnett**



**To challenge and impact
Lakeville North's 2024 volleyball program**

- What:** Jessica (Jones) Tow-Arnett graduated from the University of Minnesota in 2008. She played on the University of Minnesota's volleyball team from '04-'07, helping the Gophers reach the National Championship match in 2004 and finishing her career as an All-Big Ten selection. Then she became a record-breaking professional volleyball player for 10 years. She trained with the USA Women's National Team and represented USA at the 2011 Pan American Games where her team won the bronze medal. Coach Jessy, and the LNHS volleyball coaching staff, will join together to provide an elite four-day camp designed to help each player improve her individual technique, IQ, and team-concept skills.
- Who:** All returning and interested players, grades 8th – 12th, in the 2024 fall volleyball season.
- When:** Monday, July 22nd – Thursday, July 25th from 9am-12pm and 1pm-3pm.
- Where:** Lakeville North High School
- Cost:** \$170 (includes all hours of instruction, camp competitions and camp T-shirt).

Make checks payable to: **Lakeville North Volleyball Booster Club**. Include participant name on all checks. Registration is due by Monday, July 15th. Late registrations/walk-ins will occur a \$10 fee. Complete and mail to:

**LNHS Volleyball Camp
c/o Jackie Richter
1779 Cliff Road, Eagan MN 55122**

Player Name

Grade (fall '24)

Phone number

Address

Email

Parent/Guardian(s) Name

Parent/Guardian(s) Number

Emergency Contact Number

List all health concerns/injuries/medications

We, the undersigned for ourselves, our heirs, executors, and administrators, waive, release and forever discharge Lakeville North High School volleyball and its staff, officers, employees and representatives of harm of rights and claim for damages, injuries or loss of property which may be sustained or occurred during participation in volleyball activities. I grant permission to the Lakeville North volleyball camp staff to render any preventative measures, basic first aid, acute injury treatment deemed reasonable and necessary during camp.

Signature of Parent/Guardian

Date

Indicate shirt size: **XS S M L XL**