



## SPRING POSITIONAL TRAINING

**Who:** Lakeville North 4<sup>th</sup> – 8<sup>th</sup> grade girl volleyball players  
*\*Players will be grouped by age and experience\**

**What:** Join head coach Jackie Richter, LNJrs director Janis Goehner, and additional LNJrs coaches for targeted skill, and positional training in May.

**When:** Monday, 5/6/24                      Monday, 5/13/24                      Wednesday, 5/22/24  
Wednesday, 5/8/24                      Monday, 5/20/24                      Wednesday, 5/29/24

**Time:** 6:00pm-8:00pm

**Where:** Century Middle School (18610 Ipava Avenue, Lakeville, MN 55044)

**Cost:** \$135.00

**Register online** at [www.lakevillenorthernjuniors.com](http://www.lakevillenorthernjuniors.com) or complete the attached form and mail it to: *Lakeville North Junior Volleyball* c/o Janis Goehner at 19069 Inman Trail, Lakeville, MN, 55044.



Name: \_\_\_\_\_ Grade: 4<sup>th</sup> \_\_\_\_\_ 5<sup>th</sup> \_\_\_\_\_ 6<sup>th</sup> \_\_\_\_\_ 7<sup>th</sup> \_\_\_\_\_ 8<sup>th</sup> \_\_\_\_\_

Address: \_\_\_\_\_  
(City) (State) (Zip)

Phone: ( ) \_\_\_\_\_ - \_\_\_\_\_ Email: \_\_\_\_\_

Primary Contact: \_\_\_\_\_ Phone: ( ) \_\_\_\_\_ - \_\_\_\_\_

Secondary Contact: \_\_\_\_\_ Phone: ( ) \_\_\_\_\_ - \_\_\_\_\_

Position: Setter: \_\_\_\_\_ Libero (backrow only): \_\_\_\_\_ Attacker (outside/middle/opposite): \_\_\_\_\_

We, the undersigned for ourselves, our heirs, executors and administrators, waive, release and forever discharge Lakeville North 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 in house staff to render any preventative measures, basic first aid, acute injury treatment deemed reasonable and necessary during practice.

\_\_\_\_\_  
(Signature of Parent/Guardian)

\_\_\_\_\_  
(Date)