M1 Volleyball 2017
Summer / Fall Volleyball Programs
M1 Volleyball Offers a Wide Variety of Volleyball Programs Instructed by Many of the Area’s Top Coaches.
Register Early for these Popular Fall Sessions. Experience the Difference at Minnesota’s Finest Jr VB Training Program.

M1 Summer Camps: M-Th Weekly in July & HS Elite Camp July 17-20 Register @ www.m1volleyball.com

M1 Fall Team Program/League Play: Mon & Thu Practices (League Play Sat am only)
- Girls Grades 5-6, 7-8: Incl Uniform T, weekly practices (5p/630p Times) & 5 Sat am League Dates
- Dates: Aug 28th – Oct 14th M1 will have 8-10 teams this Fall. Sign up Early! No Cuts! $395:

M1 Summer HS Skills/Skills Group/Guidance Program: M-Th Sessions 4p-530p (circle week)
- July 24-27 July 31-Aug 3 Aug 7 -10 Set, Serve, Def/Pass, Hit: Daily - $35 Gr 8-12 $120 wk:

M1 Summer Open Gyms/Pre HS Tryouts 4s Nights
- Mon – Thu July 24-27th 6pm-7:30pm Daily Walkups- $10 Gr 6-8, 9-12 $35 wk:
- Mon – Thu July 31- Aug 3 6pm-7:30pm Daily Walkups- $10 Gr 6-8, 9-12 $35 wk:
- Mon – Thu Aug 7-10th 6pm-7:30pm Daily Walkups- $10 Gr 6-8, 9-12 $35 wk:

M1 Fall Session I – M1 Youth Academy VB Class & Little Diggers: Sundays 5pm-615pm
- Girls Grades 1-5, Boys Grades 1-5: Introductory Skills, Drills, Technique & Games
- Dates: Sun Aug 20th – Sun Oct 15th (No Class Sept 3rd - Walkups: $15 per week) $95:

M1 Fall Sunday Skill Sessions: 630pm-8pm Proper Skills / Technique!
- Girls/Boys Grades 6-8: Focus on Proper Core VB Skills, Drills, Technique
- Girls Grades 9-12: Intermediate & Advanced Skills, Drills, Technique (High Rep)
- Dates: Sun Aug 20th – Sun Oct 15th (No Class Sept 3rd - Walkups: $35 per week) $195:

M1 MEA Break Skills Clinics: Grades 6-8, 9-12 Thurs Oct 19th / Fri Oct 20th
- Setters Clinic: Thursday 9am-1030am $35:
- Outside Hitters / Middle Blocker Clinic: Thursday 9am-1030am $35:
- Defense/Libero Ball Control Clinic: Thursday 11am – 1230pm $35:
- M1 All Skills Clinic: (Friday) 9a-1030a Advanced 11a-12:30p $45:

M1 Pre Club Tryout Skill Clinics: 90min (Work with M1 Staff before Club Team Tryouts)
- Saturday Oct 21th: 11am: 11s-14s, 1pm: 15s (9th Grade) $35: 11a 1p
- Saturday Oct 28th: 11am: 11s-14s, 1pm: 15s (9th Grade) $35: 11a 1p

M1 Pre Club Tryout Sunday Skill Sessions (Girls): 90min
- Sunday Oct 22nd: 5pm (9th - 12th Grade) $35: 5p
- Sunday Oct 29th: 3pm (9th Grade), 5pm (10th Grade), 7pm (11/12th Grade) $35: 3p 5p 7p
- Sunday Nov 5th: 3pm (9th Grade), 5pm (10th Grade), 7pm (11/12th Grade) $35: 3p 5p 7p

M1 Pre Tryout Open Gyms: $10 per session
- Mon – Thu Oct 23-26 (Grades 5-9 only) Daily Walkup $10, $35/Week In Advance $35: Oct 23-26
- Sat Nov 4th: 11a-1230p (Gr 9-10), 1p-230 (Gr 11-12) $10: 11am 1pm
- Sat Nov 11th: 11a-1230p (Gr 9-10), 1p-230 (Gr 11-12) $10: 11am 1pm
- Mon – Thu Nov 6-9: Grades 9-12: 6p-7:30p Daily Walkup $10, $35/Wk In Advance $35: Nov 6-9

Name: ______________________ Email: (print clearly)________________
Address: ______________________ City: ___________ ZIP: ___________
Phone (H)________________ Age: _____ Grade (Fall’17):____ T-shirt Size:____ Club Team:________________

Make checks payable to M1 Volleyball. 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 Volleyball to act according to their best judgment in any emergency requiring medical attention and I waive and release Minnesota One 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 volleyball program(s).

Parent/Guardian’s Signature __________________________ Date ____________

Mail Form and Check Pmt to: M1 Volleyball Summer/Fall Programs, 1701 94th St. W, Suite #300, Bloomington, MN 55431
Or Register with Credit Card 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.