

Mizuno M1 Volleyball

Minnesota One Volleyball, (Bloomington, MN) is a Nationally Recognized Junior Volleyball Training Program. The M1 Volleyball Training Center offers Summer and Fall Instructional Classes for all age groups.

Classes range from beginning Grade School levels up to High School players looking for additional instruction to help improve their core skill development. The M1 Volleyball training curriculum focuses on teaching proper technique, balance & overall skill development.

M1 classes will be led by M1 Staff Directors, Doug Bergman, Dan Brown, Kelly Fallon, Jess Byrnes, Thanh Pham, and assisted by many M1 Coaches. Get to know our coaching staff this fall. The M1 Staff consists many of the top High School and College Coaches in the North Country Region/Twin Cities Area.

We look forward to seeing you at the M1 Center!

Youth Classes

Classes are designed to introduce young athletes to volleyball. The basic building blocks of volleyball will be taught and practiced using a light youth ball and a lower net. Come join the fun on Saturday mornings!

Little Diggers Class (3rd-6th Grade)

A fun combination of skill training and games adds up to an exciting program for our Little Diggers and future M1 Team Members! All positions and basic core skills will be introduced. Come join us! Bring a Friend!

Dates: Saturdays, August 1- October 31
9 am - 10:15 am (No Class Sept 5th)

Cost : \$150 / athlete for entire Fall Session!
Walkups welcome: \$20 Bring a Friend

Intermediate/Advanced

M1 7th & 8th Grade Classes (Saturdays)

Players will be refining basic core skills and introduced to more advanced skills as well as offense/defense systems. This class is a great supplement to your fall school team. This session is very popular. Come meet our staff!

Dates: Saturdays August 1 - October 31 (No Class Sept 5th)
10:30 am - 12:00 noon

Cost: \$195 per athlete for the full session (Save \$\$)
\$25 for weekly walkups, bring a friend!

M1 9th-12th Grade Classes (Sundays)

Sunday class sessions are for volleyball players (grades 9-12) of all skill levels to improve their passing, digging, serving, blocking, footwork, arm swing and setting skills. These class sessions are a great way for you to supplement your fall training and to find out more about the M1 Volleyball Team Training Program. Meet the Mizuno M1 Coaching Staff. Sign up in advance and save over \$100

Dates: Sundays: Aug 2,9,16, Sept 13,20,27 4pm-6pm
Sundays: Oct 4,11,18,25 3-5p, 530-730p sessions
Sundays: Nov 1,8 3-5pm & 530-730pm sessions

Cost : \$250 for the full session (save \$100+)
\$30 for weekly walkups space permitting. See M1 website.

Private Lessons

Private and Group Lessons are available weekly at M1.
Fall 2009 Rates

Private Lessons: \$60 per hour, 4 Lesson Package \$200
Group lessons: 2 players \$30 each, 3+ players \$25 each
By: Doug Bergman, Kelly Fallon, M1 Lesson Coordinators
Please send email to admin@m1volleyball.com to schedule your lessons. Single and multiple date bookings are available. Private lessons make a big difference in your game! Sign up today and improve your skills at the M1 Center!

Location

All classes and lessons are held at:
M1 Volleyball Training Center
1701 W. 94th St.
Bloomington, MN 55431
(Near I-35W & 94th St)

Registration Form

Fill out the information below and sign the release on the back. Make checks payable to: Minnesota One Volleyball

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

Email _____

Age _____ Grade _____ Position _____

Class Choice:

NEW!! July M-Th Night Classes: 6-8pm \$30 _____
(Nightly Classes begin July 6th, run each week)

Little Diggers, 3rd - 6th grade (\$150) _____
(Saturdays, Aug 1 - October 31) 9am - 10:15am
Weekly walkups available space permitting \$20 each

7th & 8th Grade Program (\$195) _____
(Saturdays, Aug 1 - Oct 31) 10:30 - 12noon
Weekly walkups available space permitting \$25 each

9th-12th Grade Sunday Class Sessions
Entire Fall Sunday Session Program (\$250) _____
Weekly walkups available space permitting \$30 each

M1 Fall Pre Tryout Open Gyms: \$10 per session
Sunday October 25th: Grades 6-8 1pm-230pm _____
Saturday October 31st: Grades 6-8 1230p-2pm _____
Saturday Nov 7,14: Grades 9-10 1pm-230pm _____
Saturday Nov 7,14: Grades 10-11 3pm-430pm _____
Mon-Thu Nov 9-12th: Grades 9-12 630pm-8pm _____

Please mail registration form and payment to:

M1 Volleyball Attn: M1Classes

1701 W. 94th St.

Bloomington, MN 55431

Registration is not complete until the back of this form is also filled out and signed. Space in each class is limited. Register in advance and save!

Mizuno M1 Volleyball Training Center



Summer/Fall 2009 Instructional Classes

M1 Volleyball Training Center
Bloomington, MN

Volleyball Instructional Classes
For Players of All Ability Levels
Private & Group Lessons
Open Gyms & More

By Mizuno M1 Volleyball Coaching Staff
Nationally Recognized Junior VB Training
M1 Qualified a Region High 10 Teams for
USAV JR Nationals in 2009

Contact us: M1 Volleyball
(952) 473-9712

Email: admin@m1volleyball.com
Web: www.m1volleyball.com

Minnesota One Volleyball, Inc.
1701 W. 94th St. Suite #300
Bloomington, MN 55431

PRST STD
U.S. Postage
PAID
Permit #1295
Hopkins, MN

In consideration of your acceptance of my child as a participant in the Minnesota One Volleyball instructional program, I hereby waive all claims against Minnesota One Volleyball, Inc., it's coaches, board of directors, and volunteers arising out of injury or harm to my child incidental to, connected with, or arising out of the Minnesota One Volleyball classes. All sports have intrinsic hazards. While every attempt is made to minimize the existing risks through the use of proper sports equipment, safe facilities which are under the program's control, and sound safety practices, I realize that these risks cannot be eliminated.

Parent or Guardian Signature: _____

Date: _____