

ALLIANCE RUST BUSTER CLINICS

11-UNDER AND 12-UNDER IN 2023 SEASON

PROGRAM DESCRIPTION

The Rust Buster will be geared only to those athletes who intend on trying out for an 11-under or 12-under club team for the 2022-2023 season. Rust buster is designed to give athletes who are looking for extra reps and gym time, in preparation for tryouts, the opportunity to train in a high tempo, structured, non-tryout environment. The clinics are formatted to offer skill enhancement as well as a glimpse into what the tryout sessions would include. Per requirements by Southern Region Volleyball Association of USA Volleyball, these two age groups play on a 12-under height net and use U-12 (lite) volleyballs.

SUGGESTED PARTICIPANT

Any athlete planning to attend tryouts - *regardless of previous club affiliation or participation*. Participants will be trained by members of the 2022-2023 Alliance Coaching Staff.

MEETING DATES

MONDAY, OCTOBER 3 6-7:30PM

WEDNESDAY, OCTOBER 5 6-7:30PM

COST:

\$45 per session

REGISTRATION WILL BE AVAILABLE THROUGH OUR
WEBSITE AND WILL OPEN SEPTEMBER 1, 2022

www.AllianceVBC.com

FOR ADDITIONAL QUESTIONS
PLEASE CONTACT BRIANNA LEGIEZA AT
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