

ALLIANCE RUST BUSTER CLINICS

15-UNDER, 16-UNDER, 17-UNDER, 18-UNDER IN 2023 SEASON

PROGRAM DESCRIPTION

THE RUST BUSTER CLINIC 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. RUST BUSTER WILL BE FORMATTED TO OFFER SKILL ENHANCEMENT AS WELL AS COMPETITIVE, GAME LIKE SITUATIONS.

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:

TUESDAY, OCTOBER 18, 6:30-8:30PM

WEDNESDAY, OCTOBER 19, 6-8PM

THURSDAY, OCTOBER 20, 6:30-8:30PM

* PLEASE PAY SPECIAL ATTENTION
TO THE TIME FOR EACH SESSION AS
THEY VARY SLIGHTLY

COST:

\$150 FOR "ALL IN" OR \$60 FOR "PER DIEM"

**REGISTRATION WILL BE AVAILABLE THROUGH OUR WEBSITE AND
WILL OPEN SEPTEMBER 1, 2022
WWW.ALLIANCEVBC.COM**

FOR ADDITIONAL QUESTIONS
PLEASE CONTACT BRIANNA LEGIEZA AT
BLEGIEZA@ALLIANCEVBC.COM