



12's Training Program

Alliance Volleyball Club

ALLIANCE VISION & GOALS

To inspire our young athletes to dream, to trust, to build confidence (within each other) and to value the resiliency team sports demand.

To offer an enthusiastic and professional approach to teaching/coaching. On and off the court, our coaches will carry themselves in a manner that reflects that outlook.

Contact Us:

Alliance Volleyball Club
ATC (Alliance Training Center)
1850 General George Patton Dr.,
Franklin, TN 37067

Laura Burk
615-601-5375
13 Mizuno Head Coach
Youth Program Coordinator
*Coach Representative
on the Board*

PROGRAM DESCRIPTION:

Introducing and implementing volleyball fundamentals trained in small group setting. The program will employ small group training, station work and ability -tailored instruction.

TRAINING TEAMS INCLUDE:

Ages 11 & 12 (Older 10 year olds who have completed at least two sessions of Little Diggers will be considered for acceptance)

Q: How to Register?

A: Families can register online at www.alliancevbc.com. Click on "Sign In" to create an account.

Q: How much does it cost?

A: \$300 for the 6 week program

Q: When are practices?

A: Wednesday & Thursdays, 4:30-6:00 pm

Wednesday: 3/27, 4/3, 4/10, 4/17, 4/24 & 5/1

Thursday: 3/28, 4/4, 4/11, 4/18, 4/25 & 5/2

Q: Who coaches and leads all sessions?

A: Primary coach is Laura Burk (Alliance Youth Program Coordinator, 13 Mizuno Head Coach, Coach Representative on the Board) and other members of Alliance Coaching Staff. Participant:Instructor ratio will be ~8:1.

MORE ABOUT OUR "TRAINING TEAMS"

Will create a cooperative learning environment for newcomers to the game or those who have limited experience but enjoy learning the game of volleyball. The goal of our "Training Teams" is to cultivate the love and enjoyment of the game as skills are trained in a safe and fundamentally sound manner. We encourage these athletes to participate in other activities as they build their skills and solidify their interest in volleyball. Training Team members will receive equal training in all positions. These teams do NOT compete in any travel/club tournament play.