



Sunday Skills Clinic Series 2019

Alliance's Sunday Skills Clinic Series will return for its **10th** year beginning on Sunday, August 11!

Sunday Skills Clinics in August: 8/11, 8/18, 8/25
Sunday Skills Clinics in September: 9/8, 9/15, 9/22, 9/29

Location: Alliance Training Center, 1850 General George Patton Dr, Franklin 37067

Registration is **NOW OPEN** for Sunday Skills!

Cost: \$25/clinic (if you register *by* 12:00 PM on the Saturday before the clinic)
Cost: \$30/clinic (if you register *after* 12:00 PM on the Saturday before the clinic)

Sunday Skills Schedule

1:00 – 2:00: **Serving & Passing** (Ages 10 – 12)

1:00 – 2:00: **Attacking** (Ages 13 – 14)

1:00 – 2:00: **Attacking** (Ages 15 – 18)

2:00 – 3:00: **Setting & Attacking** (Ages 10 – 12)

2:00 – 3:00: **Serving & Passing** (Ages 13 – 14)

2:00 – 3:00: **Serving & Passing** (Ages 15 – 18)

3:00 – 4:00: **Defense** (Ages 13 – 18)

4:00 – 5:00: **Setting** (Ages 13 – 18)

- ▶ To register for any of these sessions, please visit the Alliance web site, www.alliancevbc.com, and click on “Sign In” in the top right hand corner to create an Alliance account.
 - If you already have an Alliance account, please “Sign In” and register through your Alliance account.
- ▶ Age guidelines are tied to the age group the athlete would try-out for in October if she wished to do so. For example, if the athlete would try-out for 15-and-under age group, her age would be considered “15” for purposes of registering for Sunday Skills Clinics.
- ▶ Please register as much in advance as possible to help our coaches in their planning efforts and to help ensure all sessions are staffed appropriately. ‘Walk-ups’ will be accepted at a \$30/session rate as space permits.
- ▶ Each Lead Coach will approach his/her session a little bit differently, but as a general rule, our coaches like to build on what was trained the week before. There might be 25% of a session that is a review from the previous week, but 75% which will be new. We encourage – but *do not* require – players to register for multiple weeks of a session to maximize the benefit they can receive from each session.
- ▶ Additional Questions may be directed to Bri D’Errico at bderrico@alliancevbc.com