



Sunday Skills Clinic Series 2018

Alliance's Sunday Skills Clinic Series will return for its 9th year beginning on Sunday, August 19!

Sunday Skills Clinics in August – 8/19, 8/26 – will be the Alliance “*Director’s Cut*” Edition featuring Alliance’s Leadership Team and Coaches from our 1s teams.

Additional dates: 9/9, 9/16, 9/23, 9/30, 10/7

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

All Clinics will be held @ 1850 General George Patton, Franklin

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** (Ages 10 – 12)

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

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

2:00 – 3:00: **Passing** (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: **Fitness Training** (Ages 10 – 12)

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

4:00 – 5:00: **Fitness Training** (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 “Register” in the top right hand corner to create a Blue Sombrero account.
 - If you already have a Blue Sombrero account, please “Log In” and register through your Blue Sombrero 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 Carolyn Earp at cearp@alliancevbc.com