



FALL TRAINING



Alliance Vision

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

Training Dates & Time

Mondays: 8/12, 8/19, 8/26, 9/9, 9/16

4PM - 6PM

Thursdays: 8/15, 8/22, 8/29, 9/5, 9/12

4PM - 6PM

Why Fall Training?

To offer training for high school aged players seeking an intense learning environment. The primary objective of this program is to give mindful reps while allowing athletes to train with other like-minded athletes.

We have designed this program to supplement the school ball season for athletes who may not be receiving as much quality gym time as they'd like due to any number of reasons, or for those who have chosen not to play high school ball.

The emphasis of training will focus on serve and pass strategies, in-system and out-of-system scenarios as well as reading the game to better compete against an opponent.



Cost

\$275
10 session
program

How to Register

Families can register online at www.alliancevbc.com.

Click on "Sign In" to create an account.

Additional Questions

Bri D'Errico, Alliance Programming Manager e-mail: bderrico@alliancevbc.com



Alliance Volleyball Club



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