



## October “Rust Buster” Clinics

**Program Description:** The “Rust Buster” Clinic will be geared only to those athletes who intend on trying out for an 11-under or 12-under club team for the 2019-2020 season. “Rust Buster” 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. The clinics are formatted to offer skill enhancement as well as a glimpse into what the tryout sessions would include. Per requirements by Southern Region Volleyball Association of USA Volleyball, these two age groups play on a 12-under height net and use U-12 (lite) volleyballs.

**Suggested Participant:** Any athlete planning to attend tryouts – *regardless of previous club affiliation or participation*. Participants will be trained by members of the 2019-2020 Alliance Coaching Staff.

**Ages:** 11-under, 12-under (as of 2019-20 club season)

**Meeting Dates:** *Monday, October 7, 6:30-8:00*  
*Tuesday, October 8, 6:30-8:00*

**Coaching Staff:** Lead and support coaches will include members of the 11-under and 12-under Alliance Coaching Staff

**Cost:** \$45 per session

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Registration will be available through our website and will open September 23, 2019

[www.AllianceVBC.com](http://www.AllianceVBC.com)

For additional questions, please contact Bri D’Errico at [bderrico@alliancevbc.com](mailto:bderrico@alliancevbc.com)