



## 6<sup>th</sup> Grade Training Program - June

**Grades:** 6<sup>th</sup> (as of 2020-2021 school year)

**Program Description:** Reinforcing the technical training of fundamental volleyball skills and also exploring more advanced volleyball strategies which athletes would likely be introduced to playing middle school volleyball for the first time. There will be a strong emphasis on first touch skills (serving & passing) as well as general ball control. Training will also cover game specific strategies that will be prerequisites for playing middle school volleyball such as rotating, serve receive patterns, and system vs. out of system play.

**Suggested Participant:** Player who may or may not have already tried out for their middle school team for the first time. Player should have previous experience playing organized volleyball (e.g. Fall/Winter League) and have already been introduced to basic volleyball skills in order to fully benefit from this program. This is not an introductory program, but is intended to help further develop the skill set of a highly motivated athlete who enjoys playing volleyball and is looking for extra gym time, repetitions, and feedback before the start of their middle school season.

**Lead Coach:** Christina Saenger

**About Christina:** Christina is the Assistant Coach for Alliance's 14-3 Premier and 15-2 Molten club teams. After playing 4 years as defensive specialist at Butler University, Christina began coaching for The Academy Volleyball Club in Indianapolis. Her experience includes 4 club seasons as Head Coach (5 teams total at 16s and 14s age groups). She also lead several summer camps and clinics there including co-leading their Cadets program. Christina has also worked 3 summers at Butler University's Volleyball Camps and 1 summer at Purdue University Volleyball Camp. In her spare time, Christina has 500+ total private lessons with players of all ages, positions and skill levels.

**Cost:** \$300

**Meeting Dates:**

June 6/8, 6/9, 6/10, 6/11

- 9AM – 12PM

**Meeting Location:** All 6<sup>th</sup> Grade Training Program sessions will meet @ ATC (Alliance Training Center, 1850 General George Patton Dr., Franklin, TN 37067)

**How to Register:**

- Please visit the Alliance website, [www.alliancevbc.com](http://www.alliancevbc.com), and click "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.

**Additional Questions:**

- Christina Saenger, 6<sup>th</sup> Grade Training Program Lead Coach e-mail: [cesaenger@gmail.com](mailto:cesaenger@gmail.com)
- Bri D'Errico, Alliance Programming Manager e-mail: [bderrico@alliancevbc.com](mailto:bderrico@alliancevbc.com)