



7th and 8th Grade Training Program - June

Grades: 7th and 8th (as of 2020-2021 school year)

Program Description: Emphasis will be placed on drills that are “multi-touch” in nature: serve → pass; pass → set; set → attack; attack → dig; dig → set. Training will take place in both smaller and larger groups where specific positional responsibilities will be introduced, discussed, and reinforced in addition to primary skills. Participants will be placed in “live play” scenarios (5v5, 6v6) with the goal of improving each player’s all-around skill set. More advanced tactical concepts will be introduced such as different defensive systems, playing out-of-system, and “shaping” the court in different scenarios.

Suggested Participant: Player who has already completed a season of middle school volleyball and/or has previous experience playing organized volleyball (e.g. Fall/Winter League). 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 6/15, 6/16, 6/17, 6/18

- 9AM – 12PM

Meeting Location: All 7th and 8th 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, 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 you Alliance account.

Additional Questions:

- Christina Saenger, 7th and 8th Grade Training Program Lead Coach e-mail: cesaenger@gmail.com
- Bri D’Errico, Alliance Programming Manager e-mail: bderrico@alliancevbc.com