



# FALL TRAINING 2020



### Alliance Vision

Committed to training and developing student athletes through competitive participation in the sport of volleyball.

### Training Dates & Time

Mondays: 8/10, 8/17, 8/24, 8/31, 9/14

**6PM - 8PM**

Thursdays: 8/13, 8/20, 8/27, 9/3, 9/10

**6PM - 8PM**

### 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

\$325  
10 session program

### How to Register

Families can register online at [www.alliancevbc.com](http://www.alliancevbc.com).

Click on "Sign In" to create an account.

### Additional Questions

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Alliance Volleyball Club



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