



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 2020-2021 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 2020-2021 Alliance Coaching Staff.

Ages: 11-under, 12-under (as of 2020-21 club season)

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

Registration will be available through our website and will open September 7, 2020

www.AllianceVBC.com

For additional questions, please contact Bri D’Errico at bderrico@alliancevbc.com