



October “Rust Buster” Clinics

Program Description: The “Rust Buster” Clinic 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. “Rust Buster” will be formatted to offer skill enhancement as well as competitive, game-like situations.

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: 13-under, 14-under (as of 2020-21 club season)

Meeting Dates: *Monday, October 5, 6:30-8:30*
Tuesday, October 6, 6:30-8:30
Wednesday, October 7, 6:30-8:30

Coaching Staff: Lead and support coaches will include members of the 13-under and 14-under Alliance Coaching Staff

Cost: \$150 for “All In” or \$60 for “Per Diem”

Ages: 15-under, 16-under, 17-under, 18-under (as of 2020-21 club season)

Meeting Dates: *Sunday, October 18, 7:00-9:00*
Wednesday, October 21, 7:00-9:00
Thursday, October 22, 7:00-9:00

Coaching Staff: Lead and support coaches will include members of the 15-under through 18-under Alliance Coaching Staff

Cost: \$150 for “All In” or \$60 for “Per Diem”

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