



LIL' DIGGERS

WHEN: Thursdays starting **January 28th** from **4:30-6:00pm** for 5 weeks
January 28th, February 4th, 11th, 18th, 25th

COST: \$165

LEAD COACH: Laura Burk

WHERE: Alliance Training Center, 215 Gothic Ct., Franklin, TN 37067

LIL' DIGGERS LEVEL 1 Suggested Ages: 4-6

- First Touch Ball (lightweight, soft cloth & foam cover, 5oz)
- Teach and train volleyball fundamentals for beginners, as well as focusing on motor skill development, hand-eye coordination.
- This level 1 session will be for beginners and those with some introductory experience (recreation leagues, other basic camps & clinics). A wide range of skill levels is accepted and expected.

LIL' DIGGERS LEVEL 2 Suggested Ages: 7-10

- Lite Balls Only (Lightweight, Micro-Fiber composite cover, 8.1oz - players 12 & under)
- Designed to emphasize ball control & court movement. Each session will consist of a skill emphasis that will be incorporated into series of small group games that are competitive in nature.
- This level 2 session will give younger players a chance to use their newly acquired skills in a small game-like setting.
- **Some volleyball experience required.**



What To Bring

- Athletic shoes
- Athletic attire
- Kneepads optional
- Waterbottle
- Do NOT bring a ball



About Laura

Laura has been a staple of the midstate youth volleyball community for 14 years. A native of the great state of Wisconsin, Laura received her kinesiology degree from the University of Wisconsin-Milwaukee. Laura is passionate about teaching the game to the youngest member of the volleyball community, and that passion is evident in the energy and positivity she brings to the gym. Laura is a certified yoga instructor, Head Coach of Alliance's 13-1 team, Coaches Representative to the Board, and a mom to four wonderful children (Bella, Ben, James and Isaac).

How to Register

www.alliancevbc.com. Click on "Sign In" to create an Alliance account.

Planning Ahead...

Next Lil' Diggers will begin in May

Additional Questions

Laura Burk, Alliance Youth Program Manager e-mail: lburk@alliancevbc.com