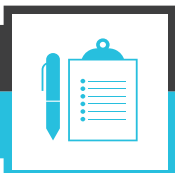




6th Grade

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 your account.



Program Description

Reinforcing the technical training of fundamental volleyball skills and also exploring more advanced volleyball strategies which athletes would likely be introduced to playing middle school volleyball for the first time. There will be a strong emphasis on first touch skills (serving & passing) as well as general ball control. Training will also cover game specific strategies such as rotating, serve receive patterns, and system vs. out of system play.



Cost/Meeting Time/Dates

\$275/athlete
June - 6/14, 6/15, 6/16, 6/17
9AM - 12PM
Concessions will not be open. Players can bring their own snacks if desired.

Training Camp

About Christina Saenger

Christina is the Head Coach for Alliance's 14-1 REN and 18 Local teams. After playing 4 years as a 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 ages groups). She also led several summer camps and clinics there including co-leading their Cadets program. In her spare time, Christina has 600+ total private lessons with players of all ages, positions and skill levels.

Suggested Participant

- 6th Grade Athletes (2021-2022 school year)
- Player who may or may not have already tried out for their middle school team for the first time.
- Players should have previous experience playing organized volleyball (e.g. Fall/Winter League) and have already been introduced to basic volleyball skills in order to fully benefit from this program.
- This is not an introductory program, but intended to help further develop the skill set of a highly motivated athlete who enjoys playing volleyball.
- Furthermore, this program is designed for the player looking for extra gym time, repetitions, and feedback before the start of their middle school program.