

# Alliance Volleyball Club

## 4th-6th Grade Training - July

ENTERING GRADES 4-6 IN THE 2021-2022 SCHOOL YEAR

Emphasis is on technical training of the five primary volleyball skills: serving, passing, setting, attacking and defense. Training will also cover game-specific strategies such as rotations, serve receive patterns and in-system vs. out of system play. Players will be assessed throughout the training sessions and grouped with like skilled players.

# 01

### TRAINING DATES, TIMES AND COST

Tuesdays and Thursdays 5-6:30PM

Tuesdays: 7/13, 7/20, 7/27 and 8/3

Thursdays: 7/15, 7/22, 7/29 and 8/5

Cost: \$225

Location: 215 Gothic Ct. Franklin, TN 37067

# 02

### LEAD COACH - LAURA BURK

Laura has been a staple of the midstate youth volleyball community for thirteen years. Laura received her kinesiology degree from the University of Wisconsin-Milwaukee. Laura is passionate about teaching the game to the youngest members of the volleyball community, and that passion is evident in the energy and positivity she brings to the gym.

# 03

### HOW TO REGISTER

To register for 4th-6th Grade Training, please visit the Alliance website, [www.alliancevbc.com](http://www.alliancevbc.com), and click on "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 Alliance account.

