



October “Rust Buster” Clinics 11 and 12-Under

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 2021–2022 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 2021–2022 Alliance Coaching Staff.

Ages: 11-under, 12-under (as of 2021–22 club season)

Meeting Dates: Tuesday, October 5, 6:30–8pm
Wednesday, October 6, 6–7:30pm

* Please pay special attention to the time for each session as they vary slightly.

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 1, 2021.
www.AllianceVBC.com

For additional questions, please contact Bri Legieza at blegieza@alliancevbc.com