

High School Training

July 2022

Important Details

When

July 5th, 6th and 7th
5pm-7pm

Where

ATC at TOA
215 Gothic Ct.
Franklin, TN 37067

Cost

\$120

Lead Coach

Chris Redding

About this Program

The primary objective of this program is to give quality reps while allowing athletes to train with other like-minded athletes during their high school dead period. Each session will consist of individual skills with applied competition at the end of each day. Additional emphasis will be placed on serve and pass strategies and in-system and out-of-system scenarios.

This program is NOT intended for beginner athletes. Depending on the number of attendees, athletes will be separated by experience (level of play) so we can create the best environment for each athlete. However, each player should expect to play with players that are either stronger or weaker than they are. This is normal for training at this stage and does not need to hinder the players' personal development.

How To Register

www.alliancevbc.com

Click on "Sign In" in the top righthand corner to either sign-in or to create an Alliance account.



About Chris Redding

Chris is entering his fifth season coaching with Alliance. He brings 20+ years of experience coaching at all levels including 20+ years in the club and college worlds. Chris has served as a collegiate Head and Assistant Coach, Club Director, Clinician/Club Advisor and has served in many other leadership roles within the volleyball world.

Have Questions?

Please Email
Brianna Legieza
blegieza@alliancevbc.com
OR
Please Call
615-712-9265