



Sunday Skills Clinic Series 2022

Alliance's Sunday Skills Clinic Series will return for its **13th** year beginning on Sunday, August 7!

Sunday Skills Clinics in August: 8/7, 8/14, 8/21, 8/28

Sunday Skills Clinics in September: 9/11, 9/18, 9/25

Sunday Skills Clinics in October: 10/2

Location: Alliance Training Center, 215 Gothic Ct., Franklin 37067

Registration **OPENS 7/5** for Sunday Skills!

Cost: \$30/clinic (if you register by 12:00 PM on the Saturday before the clinic)
Cost: \$35/clinic (if you register after 12:00 PM on the Saturday before the clinic)

Sunday Skills Schedule

1:00 – 2:00: **Serving & Passing** (Ages 10 – 12)

1:00 – 2:00: **Attacking** (Ages 13 – 14)

1:00 – 2:00: **Attacking** (Ages 15 – 18)

2:00 – 3:00: **Setting & Attacking** (Ages 10 – 12)

2:00 – 3:00: **Serving & Passing** (Ages 13 – 14)

2:00 – 3:00: **Serving & Passing** (Ages 15 – 18)

3:00 – 4:00: **Defense** (Ages 13 – 18)

3:00 – 4:00: **Setting** (Ages 13 – 18)

- To register for any of these sessions, please visit the Alliance web site, www.alliancevbc.com, and click on "Sign In" in the top right hand corner to create an Alliance account. Please make sure you have your player listed as a dependent on your account.
 - If you already have an Alliance account, please "Sign In" and register through your Alliance account.
- Age guidelines are tied to the age group the athlete would try-out for in October if she wished to do so. For example, if the athlete would try-out for 15-and-under age group, her age would be considered "15" for purposes of registering for Sunday Skills Clinics.
- Please register as much in advance as possible to help our coaches in their planning efforts and to help ensure all sessions are staffed appropriately. 'Walk-ups' will be accepted at a \$35/session rate as space permits. 'Walk-ups' are not guaranteed admittance.
 - No refunds will be given for no-shows or cancellation requests received within 48 hours of the session
 - There will be a \$5 processing fee for any refunds
- Each Lead Coach will approach his/her session a little bit differently, but generally, our coaches like to build on what was trained the week before. There might be 25% of a session that is a review from the previous week, but 75% which will be new. We encourage – but do *not* require – players to register for multiple weeks of a session to maximize the benefit they can receive from each session.
- Additional Questions may be directed to Brianna Legieza at blegieza@alliancevbc.com