

ALLIANCE

LITTLE DIGGERS

WHEN: Wednesdays starting February 1st from 4:30-6:00pm for 5 weeks
February 1st, 8th, 15th, 22nd and March 1st

COST: \$165 *\$10 processing fee for all refunds *No refunds will be issued if canceled less than 48 hours before February 1

LEAD COACH: Laura Burk

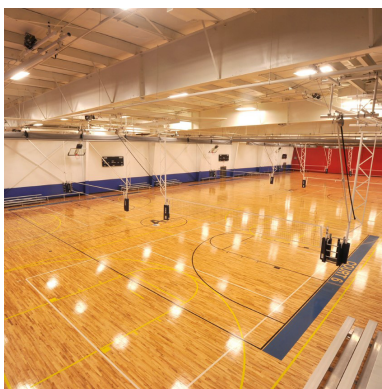
WHERE: Alliance Training Center @ TOA, 215 Gothic Ct., Franklin, TN 37067

LITTLE DIGGERS LEVEL 1 Suggested Ages: 4-5

- First Touch Ball (lightweight, soft cloth & foam cover, 5oz)
- Designed to emphasize ball control & court movement. Each session will consist of a skill emphasis that will be incorporated into series of small group games that are competitive in nature.

LITTLE DIGGERS LEVEL 2 Suggested Ages: 6-9

- Lite Balls Only (Lightweight, Micro-Fiber composite cover, 8.1oz – players 12 & under)
- Teach and train volleyball fundamentals for beginners, as well as focusing on motor skill development and hand eye coordination.
- This level 2 session will give younger players a chance to use their newly acquired skills in a small game-like setting.



How to Register

www.alliancevbc.com. Click on "Sign In" to sign in or create an Alliance account.

* Be sure to update your player's t-shirt size

Planning Ahead...

Next Little Diggers will begin in May

* Space will be limited. Make sure to register early!

Additional Questions

Laura Burk, Alliance Youth Program Coordinator e-mail: lburk@alliancevbc.com