

ALLIANCE

LITTLE DIGGERS

AGES: 4-9

WHEN: Thursdays starting **October 19th** from **4:45-6:15pm** for 5 weeks
October 19th, 26th and November 2nd, 9th and 16th

COST: \$165

LEAD COACH: Laura Burk

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

Ages: 4-9

- Lite Balls Only (Lightweight, Micro-Fiber composite cover, 8.1oz - players 12 & under)
- 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.
- Teach and train volleyball fundamentals for beginners, as well as focusing on motor skill development and hand eye coordination.



How to Register

Please visit our website www.alliancevbc.com. Click "Sign In" in the top right-hand corner to sign into or create your Alliance account. Please make sure your player is listed as a dependent on your account and their t-shirt size is up-to-date.

* You do not need to bring your own volleyball.

Planning Ahead...

Next Little Diggers will begin in February

Additional Questions

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