



# 12's Training Program



### Alliance Vision

Committed to training and developing student athletes through competitive participation in the sport of volleyball.

### Training Dates & Time

Wednesdays: 3/20, 3/27, 4/3, 4/10, 4/17, 4/24  
**4:30 PM - 6:00 PM**  
Fridays: 3/22, 4/5, 4/12, 4/19, 4/26, 5/3  
**4:30 PM - 6 PM**

### Program Description:

Introducing and implementing volleyball fundamentals trained in a small group setting. The program will employ small group training, station work and ability - tailored instruction.

### Training Program Includes:

Ages 11 & 12 (Older 10 year olds who have completed at least two sessions of Little Diggers will be considered for acceptance)

### More About Our "Training Program":

Will create a cooperative learning environment for newcomers to the game or those who have limited experience but enjoy learning the game of volleyball. The goal of our training program is to cultivate the love and enjoyment of the game as skills are trained in a safe and fundamentally sound manner. We encourage these athletes to participate in other activities as they build their skills and solidify their interest in volleyball. Training program members will receive equal training in all positions. Participant:Instructor ratio will be ~8:1.



### Cost

Wednesdays & Fridays  
\$300  
6 week program

### How to Register

Families can register on-line at [www.alliancevbc.com](http://www.alliancevbc.com). Click on "Sign In" to create an account.

\*There will be a \$25 processing fee for any cancellations/refunds.

\*No refund will be issued if canceled less than 48 hours of March 20

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

## Additional Questions

**Laura Burk**, Alliance Youth Programming Coordinator e-mail: [lburk@alliancevbc.com](mailto:lburk@alliancevbc.com)



Alliance Volleyball Club



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