



# ALLIANCE

## Spring 2024 Tune-Up Clinics

### PROGRAM DESCRIPTION

Tune-Up Clinics are designed for all athletes – regardless of club affiliation participation – who are looking for additional touches and feedback before their middle school/high school try-outs. Clinics will be particularly beneficial for non-club players who are looking to brush up on their skills or try out for their school team for the first time! **Registration opens Monday, March 11.**

#### CLINIC DESCRIPTIONS

**Serving:** Arguably the most important skill in volleyball. Coaches will introduce mechanically sound overhead serving principles including the coordination of the lift/toss and swing, the lift/toss location, and the ideal contact point of the ball.

**Attacking:** A combination of arm swing & footwork. Coaches will introduce athletes to correct posture, hand control, and applicable footwork patterns.

**Passing & Defense:** If you can pass the ball to the setter consistently, your team will likely win a lot of games. Defense is about eyework, posture, contact, & movement, but primarily about attitude!

**Setting:** A combination of footwork, hand positioning and set location will give players the opportunity to improve their overall setting technique.

**All-Skills:** These sessions are designed for players who are looking for reps in all five of the primary skill groups: Serve, Pass, Set, Attack, & Defend. Focus will be more “live” 5 v 5 and 6 v 6 play with a multi-touch emphasis.

#### DATES/TIMES: MONDAYS 4/22, 4/29, 5/6, 5/13, 5/20

##### 6:30 – 8:00

**ALL-SKILLS:** Middle School Players (2024-2025 school year)

- Maximum # of Participants: 24
- Cost: \$40/player per date

#### DATES/TIMES: FRIDAYS 5/3, 5/10, 5/17

##### 4:30 – 5:30

**SERVING:** Middle School Players (2024-2025 school year)

- Cost: \$30/player per date

**SERVING:** High School Players (2024-2025 school year)

- Cost: \$30/player per date

##### 5:30 – 6:30

**PASSING & DEFENSE:** Middle School Players (2024-2025 school year)

- Cost: \$30/player per date

**PASSING & DEFENSE:** High School Players (2024-2025 school year)

- Cost: \$30/player per date

##### 6:30 – 7:30

**ATTACKING:** Middle School Players (2024-2025 school year)

- Cost: \$30/player per date

**ATTACKING:** High School Players (2024-2025 school year)

- Cost: \$30/player per date

**SETTING:** Middle School Players (2024-2025 school year)

- Cost: \$30/player per date

**SETTING:** High School Players (2024-2025 school year)

- Cost: \$30/player per date

#### HOW DO I REGISTER?

1. [www.alliancevbc.com](http://www.alliancevbc.com) --> click on “sign-in” in the top right-hand corner of the page. Follow prompts to sign into or create your Alliance account. Please make sure you have your player listed as a dependant on your account.
2. After creating your account, you’ll see an option to register for available programs --> select clinic(s) you wish to attend. There will be a \$5 processing fee for any refunds. (No refund will be issued if cancelled less than 48 hours prior to session)
3. For additional questions, please contact Brianna Legieza, Alliance Programming Manager at [blegieza@alliancevbc.com](mailto:blegieza@alliancevbc.com)