



**ALLIANCE**

*VOLLEYBALL CLUB*

NASHVILLE, TN

# Parent Meeting Agenda

- Who We Are
  - Mission Statement
  - Board of Directors & Staff
  - The Alliance Distinction
- This Season
  - Schedules & Coaches
  - Team Level and Fees
  - Tryouts
- Stay Connected...
  - Email distribution list
  - Website
  - Social Media

# ALLIANCE Mission Statement

- Alliance believes that every child should be offered the opportunity to develop skills that will enable them to excel and compete successfully at the interscholastic, regional and/or national level of youth volleyball. We are a community-based non-profit organization committed to training and developing student athletes through competitive participation in the sport of volleyball.
- We strive to provide a solid foundation of fundamental and technical skills to help participants develop, not only as athletes, but also as individuals. Teaching positive lifelong character traits including sportsmanship, leadership, and cooperation are important to the success of our teams.
- We are committed to providing the best possible environment for our volleyball players to reach their maximum playing potential through excellence in coaching and community support. Our players will be challenged to excel not only for their own personal growth but also for the betterment of their team, the organization, their communities, and the development of area club coaches.

# The Alliance Distinction

- **Our Coaches...** A club is only as good as its coaching staff! We strongly believe that parents and players have the right to know who will be coaching their daughter. We have hired and retained coaches who demonstrate the appropriate technical experience and skills needed to succeed as a coach, who can thrive in our club and culture, and who can support our goals as a club.
- **Our Leadership...**Our staff's experience and expertise is among the best in the country. Our Executive Director has over 10 years club leadership, our Managing Director has over 5 years club leadership, and our Club Administrator has been in her role for over 15 years.
- **Our Board of Directors...**We are governed by a Board of Directors and hold regular meetings to address both long-term strategy and financial operations.
- **Our Reputation in the Volleyball Community....**We continue to forge relationships with other clubs who want to partner with us, including long standing partnerships with LA Volleyball, SVT, S&S Events, K2 Volleyball and Ethos Volleyball for tournaments.
- **Our Focus on Developing the Complete Athlete...**We are committed to teaching positive lifelong character traits including sportsmanship, leadership, and cooperation, in addition to a solid foundation of fundamental and technical skills
- **Our Transparency...**We believe in open communication for parents and players and also open our gym to parents. Access to team practices allows for a better understanding of what we teach, how we teach, and the uniqueness each coach brings to our gym.

# Alliance Training Center

- 12 Court Facility w/ state of the art net systems
- Long term lease providing stability
- 5,400 sq/ft updated turf area tailor made for training
- HiCast streaming services for practices & tournaments
- Improved security measures
- Excellent location in the Cool Springs area

## Alliance Board of Directors

John Briggs	President
Ann Mullins	At Large
Laura Burk	Coach Rep.
Steve Mullins	At Large
Laura Aylward	At Large
Sarah Rucker	At Large
Sydnee Knox	At Large

### Advisors to the Board

Donna Trainer

# Experienced and Proven Staff

- Ann Mullins Executive Director
- Abbey West Managing Director
- Dave Butler Director of Player and Coach Development
- Carolyn Earp Finance and Administration
- Brianna Legieza Programming Manager/Courts Manager
- Tyler Donelson Tournament Director
- Aaron West Facilities Manager
- Alex Sealy Administrative Assistant/Social Media
- Jess Enderle Recruiting Coordinator
- Laura Burk Youth Programming Manager
- Rick Hess Satellite Manager
- Julia Pierson Mental Health Coach

Always striving to be better...  
feedback is essential.

- Coach Self Evaluations
- Coach end of season meeting with directors
- Parent Leader Mid Season Meetings
- End of Season Parent Survey



# This Season...

- **Team Descriptions**
- **Coaching Staff**
- **Practice Schedules**
- **Tournament Schedules**

# Team Levels

- REN – includes 111, 121, 131, 141, 151, 161, 171, 181
- Molten – includes 122, 132, 142, 152, 162, 172, 182
- Premier – includes 133, 143, 153, 163
- Regional – includes 123, 134, 144, 154, 164
- Local – includes 14L, 15L, 16L, 18L

(Use the team number to determine practice and tournament schedules)

# Coaching Staff Ages 11-14

**14 REN: Conor Flynn, Joy Owino, Gina Rivera-Ortiz**

**14 Molten: Derek Anglin, Jordan Zaleski**

**14 Premier: Courtney Perry**

**14 Regional: Jasmine Rudd, Jamie Stitt**

**14 Local: Hadley Pride, Maggie Keenan**

**12 REN: Ellen Mullins, Emma Kowalkowski, CJ Rilveria**

**12 Molten: Taylor Hansen**

**12 Regional: Tyler Donelson, Jose Santiago**

**13 REN: Lindsey McIntosh, Ola Rojecka, Julie Keener**

**13 Molten: Ted Martinez, Hayley Brisendine**

**13 Premier: Sarah Baty**

**13 Regional: Catey Lovelace, Aja Coffey**

**11 REN: Kelly Holmgren, Kristen Demonbreun**

# Coaching Staff Ages 15-18

**18 REN: Alex Sealy, Julia Pierson, Kailyn Gilbreath**

**18 Molten: Rick Hess, Sherry'ce Butler**

**18 Local: Maggie Thompson**

**16 REN: Abbey West, Katie Myers, CJ Rilveria**

**16 Molten: Laikin Ramirez, Stephanie Davis**

**16 Premier: TBD**

**16 Regional: Maggie Buckley**

**16 Local: Morgan Mammosser**

**17 REN: Brianna Legieza, Erika Moss, Conor Flynn**

**17 Molten: Lexy Curd**

**15 REN: Laura Burk, Lauren Dorrell, Asha Phillips**

**15 Molten: Kelly Holmgren, Savannah Sugg**

**15 Premier: Sarah Tew, Malaina Miles**

**15 Regional: Alex Dempsey, Trinity Crawford**

**15 Local: TBD**

*2025 Alliance Practice Schedule*

Team	<b>SUNDAY</b>	<b>MONDAY</b>		<b>TUESDAY</b>		<b>WEDNESDAY</b>		<b>THURSDAY</b>	
	Practice	Practice	Prime	Pactice	Prime	Practice	Prime	Practice	Prime
111		6:30-8:30				6:30-8:30	5:55-6:25		
121				6:30-8:30	5:55-6:25			6:30-8:30	5:55-6:25
122		6:30-8:30	5:55-6:25			6:30-8:30	5:55-6:25		
123	TBD					6:30-8:30	5:55-6:25		
131		6:30-8:30		6:30-8:30	5:55-6:25			6:30-8:30	5:55-6:25
132		6:30-8:30		6:30-8:30	5:55-6:25			6:30-8:30	5:55-6:25
133	TBD	6:30-8:30	5:55-6:25			6:30-8:30	5:55-6:25		
134	TBD					6:30-8:30	5:55-6:25		
141		6:30-8:30		6:30-8:30	5:55-6:25			6:30-8:30	5:55-6:25
142		6:30-8:30		6:30-8:30	5:55-6:25			6:30-8:30	5:55-6:25
143	TBD	6:30-8:30	5:55-6:25			4:30-6:30	6:35-7:05		
144	TBD					4:30-6:30	6:35-7:05		
151		4:30-6:30		6:30-8:30	5:55-6:25			6:30-8:30	5:55-6:25
152		4:30-6:30		6:30-8:30	5:55-6:25			6:30-8:30	5:55-6:25
153		4:30-6:30		6:30-8:30	5:55-6:25			6:30-8:30	5:55-6:25
154	TBD	6:30-8:30	5:55-6:25			4:30-6:30	6:35-7:05		
161		4:30-6:30		4:30-6:30	6:35-7:30			4:30-6:30	6:35-7:30
162		4:30-6:30		4:30-6:30	6:35-7:05			4:30-6:30	6:35-7:05
163		4:30-6:30		4:30-6:30	6:35-7:05			4:30-6:30	6:35-7:05
164	TBD	6:30-8:30	5:55-6:25			4:30-6:30	6:35-7:05		
171		4:30-6:30		4:30-6:30	6:35-7:30			4:30-6:30	6:35-7:30
172		4:30-6:30		4:30-6:30	6:35-7:05			4:30-6:30	6:35-7:05
181		4:30-6:30		4:30-6:30	6:35-7:30			4:30-6:30	6:35-7:30
182		4:30-6:30		4:30-6:30	6:35-7:05			4:30-6:30	6:35-7:05
	<b>SUNDAY</b>	<b>MONDAY</b>		<b>TUESDAY</b>		<b>WEDNESDAY</b>		<b>THURSDAY</b>	
	Practice	Practice		Practice		Practice		Practice	
14 Local	TBD					1/6-4/3	6:30-8:30		
15 Local	TBD					1/6-4/3	4:30-6:30		
16 Local and 18 Local	TBD					1/6-2/5	4:00-6:00		
						2/12-2/26	6:30-8:30		
						3/5-4/3	4:00-6:00		

## DECEMBER 2024 PRACTICE SCHEDULE

### WEEK 1

#### **Monday: 12/2**

4:30-6:30 = 172, 162, 163, 151, 152, 153 – (IP @ 6:35-7:05)

6:30-8:30 = 121, 122, 131, 132, 133, 141, 142, 143 – (IP @ 5:55-6:25)

#### **Tuesday: 12/3**

4:30-6:30 = 181, 182, 171, 161 - (CP @ 6:35-7:15/30)

6:30-8:30 = 164, 154 - (IP @ 5:55-6:25)

#### **Wednesday: 12/4**

4:30-6:30 = 181, 182, 171, 161 - (CP @ 6:35-7:15/30)

4:30-6:30 = 172, 162, 163, 151, 152, 153 – (IP @ 6:35-7:05)

6:30-8:30 = 121, 122, 131, 132, 133, 141, 142, 143, 164, 154 – (IP @ 5:55-6:25)

### WEEKS 2 and 3

#### **MONDAY: 12/9, 12/16**

4:30-6:30 = 172, 162, 163, 151, 152, 153 – (IP @ 6:35-7:05)

6:30-8:30 = 121, 122, 131, 132, 133, 141, 142, 143 – (IP @ 5:55-6:25)

#### **TUESDAY: 12/10, 12/17**

4:30-6:30 = 181, 182, 171, 161 - (CP @ 6:35-7:15/30)

6:30-8:30 = 164, 154 - (IP @ 5:55-6:25)

#### **WEDNESDAY: 12/11, 12/18**

4:30-6:30 = 172, 162, 163, 151, 152, 153 – (IP @ 6:35-7:05)

6:30-8:30 = 121, 122, 131, 132, 133, 141, 142, 143 – (IP @ 5:55-6:25)

#### **THURSDAY: 12/12, 12/19**

4:30-6:30 = 181, 182, 171, 161 - (CP @ 6:35-7:15/30)

6:30-8:30 = 164, 154 - (IP @ 5:55-6:25)

\*\* IP (Injury Prevention) and CP (College Prep)

**Winter Break (Practices resume Monday, January 6<sup>th</sup>)**

# Tournament Schedule

17 REN		
12/14-15	K2/Muncie	Knoxville
1/11	JanJam	Franklin
1/25-26	Central Zone	Indy
2/1-2	Beast of the SE	Atlanta
2/15-17	Capital Hill	Wash DC
2/28-3/2	Sunshine Q	Orlando
3/7-9	Bluegrass	Louisville
3/21-23	Mideast Q	Indy
4/12-14	ShowMe Q	KC
5/3-4	SRVA Region	Atlanta
5/10-11	MidSouth Mayhem	Franklin
5/31-6/1	Players Champ	Louisville
6/30-7/3	GJNC	Dallas

17 Molten		
1/11	JanJam	Franklin
1/25-26	Central Zone	Indy
2/8-9	Block Buster	Franklin
2/15-17	Capital Hill	Wash DC
2/28-3/2	Sunshine Q	Orlando
3/7-9	Bluegrass	Louisville
3/21-23	Mideast Q	Indy
4/12-14	ShowMe Q	KC
5/3-4	SRVA Region	Atlanta
5/10-11	MidSouth Mayhem	Franklin
5/31-6/1	Players Champ	Louisville
6/30-7/3	GJNC	Dallas

18 REN		
12/14-15	K2/Muncie	Knoxville
1/11	JanJam	Franklin
1/18-20	KC MLK Q	KC
2/1-3	Florida Fest Q	Orlando
2/15-17	Capital Hill	Wash DC
2/21-23	Southeast Q	Atlanta
3/8-9	SRVA Bid	Franklin
3/21-23	Mideast Q	Indy
4/25-27	GJNC	Salt Lake

18 Molten		
1/11	JanJam	Franklin
1/25-26	Central Zone	Indy
2/1-3	Florida Fest Q	Orlando
2/15-17	Capital Hill	Wash DC
2/21-23	Southeast Q	Atlanta
3/8-9	SRVA Bid	Franklin
3/21-23	Mideast Q	Indy
4/25-27	GJNC	Salt Lake

16 REN		
12/14-15	K2/Muncie	Knoxville
1/11	JanJam	Franklin
1/25-26	Central Zone	Indy
2/1-2	Beast of the SE	Atlanta
2/15-17	NIT	KC
2/28-3/2	Sunshine Q	Orlando
3/7-9	Bluegrass	Louisville
3/21-23	Mideast Q	Indy
4/12-14	ShowMe Q	KC
5/3-4	SRVA Region	Atlanta
5/10-11	MidSouth Mayhem	Franklin
5/31-6/1	Players Champ	Louisville
6/30-7/3	GJNC	Dallas

16 Molten		
1/11	JanJam	Franklin
1/25-26	Central Zone	Indy
2/1-2	Beast of the SE	Atlanta
2/15-17	Capital Hill	Wash DC
2/28-3/2	Sunshine Q	Orlando
3/7-9	Bluegrass	Louisville
3/21-23	Mideast Q	Indy
4/12-14	ShowMe Q	KC
5/3-4	SRVA Region	Atlanta
5/10-11	MidSouth Mayhem	Franklin
5/31-6/1	Players Champ	Louisville
6/30-7/3	GJNC	Dallas

16 Premier		
1/11	JanJam	Franklin
1/25-26	Central Zone	Indy
2/8-9	Block Buster	Franklin
2/15-16	K2 Pres Day	Knoxville
3/1-2	St Paddy's	Franklin
3/21-23	Mideast Q	Indy
4/12-14	ShowMe Q	KC
5/3-4	SRVA Region	Atlanta
5/10-11	MidSouth Mayhem	Franklin
5/31-6/1	Players Champ	Louisville
6/30-7/3	GJNC	Dallas

16 Regional		
1/18-19	MLK	Franklin
1/25-26	Bama Battle	Huntsville
2/8-9	Block Buster	Franklin
2/15-16	K2 Pres Day	Knoxville
3/1-2	St Paddy's	Franklin
3/22-23	Peak Challenge	Gatlinburg
4/12-13	Nash Open	Franklin
5/3-4	SRVA Region	Atlanta

15 REN		
12/14-15	K2/Muncie	Knoxville
1/11	JanJam	Franklin
1/25-26	Central Zone	Indy
2/1-2	Beast of the SE	Atlanta
2/15-17	NIT	KC
3/7-9	Bluegrass	Louisville
3/28-30	Big South	Atlanta
4/12-14	ShowMe Q	KC
5/3-4	SRVA Region	Atlanta
5/10-11	MidSouth Mayhem	Franklin
5/31-6/1	Players Champ	Louisville
6/30-7/3	GJNC	Dallas

15 Molten		
1/11	JanJam	Franklin
1/25-26	Central Zone	Indy
2/8-9	Block Buster	Franklin
2/15-17	Capital Hill	Wash DC
3/7-9	Bluegrass	Louisville
3/28-30	Big South	Atlanta
4/11-13	Northeast Q	Philly
5/3-4	SRVA Region	Atlanta
5/10-11	MidSouth Mayhem	Franklin
5/31-6/1	Players Champ	Louisville
6/30-7/3	GJNC	Dallas

15 Premier		
1/11	JanJam	Franklin
1/25-26	Central Zone	Indy
2/8-9	Block Buster	Franklin
2/15-16	K2 Pres Day	Knoxville
3/1-2	St Paddy's	Franklin
3/28-30	Big South	Atlanta
4/11-13	Northeast Q	Philly
5/3-4	SRVA Region	Atlanta
5/10-11	MidSouth Mayhem	Franklin
5/31-6/1	Players Champ	Louisville
6/30-7/3	GJNC	Dallas

15 Regional		
1/18-19	MLK	Franklin
1/25-26	Bama Battle	Huntsville
2/8-9	Block Buster	Franklin
2/15-16	K2 Pres Day	Knoxville
3/1-2	St Paddy's	Franklin
3/22-23	Peak Challenge	Gatlinburg
4/12-13	Nash Open	Franklin
5/3-4	SRVA Region	Atlanta



14 REN		
1/11	JanJam	Franklin
1/25-26	Central Zone	Indy
2/1-2	Beast of the SE	Atlanta
2/15-17	NIT	KC
3/7-9	Bluegrass	Louisville
3/28-30	Big South	Atlanta
4/11-13	Northeast Q	Philly
5/3-4	SRVA Region	Atlanta
5/10-11	MidSouth Mayhem	Franklin
5/31-6/1	Players Champ	Louisville
6/30-7/3	GJNC	Dallas

14 Molten		
1/11	JanJam	Franklin
1/25-26	Central Zone	Indy
2/15-16	MC Pres Day	Franklin
3/1-2	St Paddy's	Franklin
3/28-30	Big South	Atlanta
4/11-13	Northeast Q	Philly
5/3-4	SRVA Region	Atlanta
5/10-11	MidSouth Mayhem	Franklin
5/31-6/1	Players Champ	Louisville
6/30-7/3	GJNC	Dallas

14 Premier		
1/18-19	MLK	Franklin
1/25-26	Bama Battle	Huntsville
2/8-9	Block Buster	Franklin
2/22-23	AAUSR	Franklin
3/1-2	St Paddy's	Franklin
3/22-23	Peak Challenge	Gatlinburg
4/11-13	Nash Open	Franklin
5/3-4	SRVA Region	Atlanta

14 Regional		
1/25-26	Bama Battle	Huntsville
2/1-2	Club Clash	Franklin
2/15-16	MC Pres Day	Franklin
3/1-2	St Paddy's	Franklin
3/22-23	Peak Challenge	Gatlinburg
4/12-13	Nash Open	Franklin
5/3-4	SRVA Region	Atlanta

13 REN		
1/11	JanJam	Franklin
1/25-26	Central Zone	Indy
2/1-2	Beast of the SE	Atlanta
2/15-16	MC Pres Day	Franklin
3/1-2	St Paddy's	Franklin
3/28-30	Big South	Atlanta
4/11-13	Northeast Q	Philly
5/3-4	SRVA Region	Atlanta
5/10-11	MidSouth Mayhem	Franklin
5/31-6/1	Players Champ	Louisville
6/21-24	GJNC	KC

13 Molten		
1/11	JanJam	Franklin
1/25-26	Bama Battle	Huntsville
2/8-9	Block Buster	Franklin
2/15-16	K2 Pres Day	Knoxville
3/1-2	St Paddy's	Franklin
3/22-23	Peak Challenge	Gatlinburg
4/5-6	NashVegas	Franklin
4/11-13	Nash Open	Franklin
5/3-4	SRVA Region	Atlanta

13 Premier		
1/18-19	MLK	Franklin
1/25-26	Bama Battle	Huntsville
2/8-9	Block Buster	Franklin
2/22-23	AAUSR	Franklin
3/1-2	St Paddy's	Franklin
3/22-23	Peak Challenge	Gatlinburg
4/11-13	Nash Open	Franklin
5/3-4	SRVA Region	Atlanta

13 Regional		
1/25-26	Bama Battle	Huntsville
2/1-2	Club Clash	Franklin
2/15-16	MC Pres Day	Franklin
3/1-2	St Paddy's	Franklin
3/22-23	Peak Challenge	Gatlinburg
4/12-13	Nash Open	Franklin
5/3-4	SRVA Region	Atlanta

12 REN		
1/11	JanJam	Franklin
1/25-26	Central Zone	Indy
2/15-16	MC Pres Day	Franklin
3/1-2	St Paddy's	Franklin
3/28-30	Big South	Atlanta
4/11-13	Northeast Q	Philly
5/3-4	SRVA Region	Atlanta
5/10-11	MidSouth Mayhem	Franklin
5/31-6/1	Players Champ	Louisville
6/21-24	GJNC	KC

12 Molten		
1/18-19	MLK	Franklin
2/1-2	Club Clash	Franklin
2/15-16	MC Pres Day	Franklin
3/1-2	St Paddy's	Franklin
3/22-23	Peak Challenge	Gatlinburg
4/12-13	Nash Open	Franklin
5/3-4	SRVA Region	Atlanta

12 Regional		
1/25-26	MCBP	Franklin
2/1-2	Club Clash	Franklin
2/15-16	MC Pres Day	Franklin
3/1-2	St Paddy's	Franklin
4/5-6	NashVegas	Franklin
5/3-4	SRVA Region	Atlanta

11 REN		
2/1-2	Club Clash	Franklin
2/22-23	AAUSR	Franklin
3/1-2	St Paddy's	Franklin
4/5-6	NashVegas	Franklin
4/12-13	Nash Open	Franklin
5/3-4	SRVA Region	Atlanta

Local Teams		
1/25-26	MCBP	Franklin
2/8-9	Block Buster	Franklin
2/22-23	AAUSR	Franklin
3/1-2	St Paddy's	Franklin
4/5-6	NashVegas	Franklin

# 2024-25 Club Fees

- As a 501c3 organization, we strive to keep fees as low as possible, while still reaching our mission of training and developing student athletes through competitive participation in the sport of volleyball with excellent coaching in a safe and adequate facility.
- We budget fees to pay costs associated with running a 40+ team, 400+ member club in a state of the art facility.
- We depend on all players to pay fees fully in a timely manner to ensure that we, in turn, are able to pay expenses associated with running our club.
- Club fees are payable in four installments, with 40% due on commitment date, 20% due on Jan 1, 20% due on Feb 1, 20% on March 1.

## 2024-25 Team and Fee Summary

Playing Level	Age	Season Length	Weekly Practices	Injury Prevention with Prime**	Total Tourn	Asst Coach/Practice Coach	Uniform Package	Fee
18	REN	Nov-April	3	2x weekly	9	Yes/Yes	A	\$5,050
	Molten	Nov-April	3	2x weekly	8	Yes/Yes	A	\$5,000
17	REN	Nov-June	3	2x weekly	13	Yes/Yes	A	\$5,250
	Molten	Dec-June	3	2x weekly	12	Yes/No	A	\$4,950
16	REN	Nov-June	3	2x weekly	13	Yes/Yes	A	\$5,250
	Molten	Dec-June	3	2x weekly	12	Yes/No	A	\$4,950
	Premier	Dec-June	3	2x weekly	11	Yes/No	A	\$4,850
	Regional	Dec-May	3*	2x weekly	8	No/Yes	C	\$3,250
15	REN	Dec-June	3	2x weekly	12	Yes/Yes	A	\$5,050
	Molten	Dec-June	3	2x weekly	11	Yes/No	A	\$4,850
	Premier	Dec-June	3	2x weekly	11	Yes/No	A	\$4,850
	Regional	Dec-May	3*	2x weekly	8	No/Yes	C	\$3,250
14	REN	Dec-June	3	2x weekly	11	Yes/Yes	A	\$4,950
	Molten	Dec-June	3	2x weekly	10	Yes/No	A	\$4,750
	Premier	Dec-May	3*	2x weekly	8	Yes/No	B	\$3,250
	Regional	Jan-May	2*	1x weekly	7	No/Yes	C	\$2,750
13	REN	Dec-June	3	2x weekly	11	Yes/Yes	A	\$4,950
	Molten	Dec-May	3	2x weekly	9	Yes/No	B	\$3,450
	Premier	Dec-May	3*	2x weekly	8	Yes/No	B	\$3,250
	Regional	Jan-May	2*	1x weekly	7	No/Yes	C	\$2,750
12	REN	Dec-June	2	2x weekly	10	Yes/Yes	A	\$4,450
	Molten	Dec-May	2	2x weekly	7	Yes/No	B	\$3,050
	Regional	Jan-May	2*	1x weekly	6	Yes/No	C	\$2,350
11	REN	Jan-May	2	1x weekly	6	Yes/No	C	\$2,250
LOCAL	TBD	Jan-April	2*	N/A	5	No/No	D	\$2,050

### Uniform Packages:

A - 3 jerseys, 3 practice t-shirts, 1 spandex, sweatshirt, pants, leggings, personalized warm-up shirt

B - 3 jerseys, 3 practice t-shirts, 1 spandex, sweatshirt, pants

C - 3 jerseys, 2 practice t-shirts, 1 spandex, sweatshirt

D - 2 jerseys, 2 practice t-shirts, 1 spandex, sweatshirt

### Notes:

\*Teams with a Sunday practice will not practice on tournament weekends.

\*\*Injury prevention with Prime will be scheduled for 30 minutes either before or after practice.

Exception: College Prep with Prime will be scheduled for 60 minutes after practice for 16 REN, 17 REN, 18 REN, 18 Molten.

# FUNDRAISING

## Kroger Dollars

Shop, scan your Kroger Card and receive a credit of up to 4% of everything you spend towards your club fees.

## ATC Tournaments

Gate workers, door monitors, hospitality needs, etc

# Financial Assistance

- **Who is Eligible?**
- Need-based ONLY
- We do NOT fully fund any athletes
- Kept Private (known by Carolyn, Director, Board)
- Coaches do NOT know who is funded
- **How to Apply?**
- Available by Application- process begins by contacting Carolyn Earp
- Recipient and Amount determined by Board
- Holiday Benefit 3v3 Tournament
- **Can I donate to the Financial Assistance Fund?**
- Yes, donations are welcomed, appreciated, and tax deductible.

# 2024-2025 Tryouts

- Tryouts Info on Website [www.alliancevbc.com](http://www.alliancevbc.com)
- USA Volleyball Southern Region Rules
- Offer & Commitment Process
- Next Step- Uniform Fitting & Parent Meeting

# Stay Connected...

- Visit our website regularly [www.alliancevbc.com](http://www.alliancevbc.com)
  - Create an account, register for tryouts
    - Follow us on social media
      - ✓ Instagram @alliancevolleyball
      - ✓ Facebook Alliance Volleyball Club