



Winter League 2026 Information & Registration Links

WINTER LEAGUE 2026 INFORMATION

Eligible Ages: Currently in 3rd Grade – 8th Grade **Length of Program:** 5 Weeks

Registration Fee: \$235 (Cancellation Policy: On or after 12/22/25–12/31/25=50% refund; on or after 1/1/26 = 0% refund)

- There will be a \$25 processing fee for all refunds (\$25 to be subtracted from the amount being refunded)

Location: All practices & games will be held at the Alliance Training Center (215 Gothic Ct., Franklin, TN 37067)

Practice Days: Monday, Tuesday, Wednesday, or Thursday **BY DIVISION**

**Be sure to pay close attention to when each division's practice times are offered! Not all divisions are offered every day.*

DEVELOPMENTAL OFFERINGS		INTERMEDIATE OFFERINGS		ADVANCED OFFERINGS	
Tuesday 5:00-6:20	1/6, 1/13, 1/20, 1/27, 2/3	Monday 6:05-7:25	1/5, 1/12, 1/19, 1/26, 2/2	Monday 4:45-6:05	1/5, 1/12, 1/19, 1/26, 2/2
Wednesday 6:00-7:20	1/7, 1/14, 1/21, 1/28, 2/4	Monday 7:25-8:45	1/5, 1/12, 1/19, 1/26, 2/2	Monday 6:30-7:50	1/5, 1/12, 1/19, 1/26, 2/2
Thursday 5:00-6:20	1/8, 1/15, 1/22, 1/29, 2/5	Wednesday 6:00-7:20	1/7, 1/14, 1/21, 1/28, 2/4	Wednesday 7:20-8:40	1/7, 1/14, 1/21, 1/28, 2/4
		Wednesday 7:20-8:40	1/7, 1/14, 1/21, 1/28, 2/4		

Game Days: Friday

- Each team will receive 90 minutes of game play (three, thirty-minute-long games)
 - Friday Game Dates: 1/9, 1/16, 1/23, 1/30, 2/6
- Developmental Division Game Times: Between 5:00 – 6:40 (**tentatively**)
- Intermediate Division Game Times: Between 6:50 – 8:30 (**tentatively**)
- Advanced Division Game Times: Between 5:00 – 6:40 (**tentatively**)

REGISTRATION INFORMATION

Registration Deadline: December 8, 2025, **OR** once all spots are filled in the respective division!

- After December 8 **OR** once all spots are filled, any registrations received thereafter will be placed on a waitlist for admission to the program. Players will be removed from the waitlist and subsequently offered a spot in the program pending available space, and registration fee will be prorated accordingly. Alliance does not charge your credit card when you are placed on the waitlist, it simply holds your spot in the order the registrations were received.
 - You are only charged once we have confirmed with you, that we can get your daughter off the waitlist and assigned to a team.

Brianna Legieza, Alliance Programming Manager – blegieza@alliancevbc.com – 615-712-9265



Winter League 2026 Information & Registration Links

- If you will be requesting for your child to play on the same team as friend(s) or classmate(s) ... your registration must include the same information regarding practice day/time requests. Although requested, placement on the same team is unfortunately not guaranteed. Due to the limited number of spaces available, it is highly recommended that any player interested in participating be registered sooner rather than later.
- Winter League registration does NOT run through your Alliance account! Winter League registration will run through Alliance's EZ Facility, where unique registration links are required to complete online registration.
- Registration is best completed on a personal laptop or home computer. From previous experience, the security settings on the networks of many business computers prevent the registration page from pulling up properly on the web browser. The use of a cell phone or tablet for registration is highly discouraged.
- Before registering your child, please be sure to read through "Suggested Skill Sets for Developmental, Intermediate, and Advanced Divisions of Play" as well as "Winter League 2026 FAQ" which appear below. These resources should be most valuable in the registration process.
- You will be notified via email no later than the week of December 15th with their coach's name, names of other teammates, confirmation of practice time, and other logistics.

Suggested Skill Sets for Developmental, Intermediate, and Advanced Divisions of Play

Developmental	Intermediate	Advanced
<ul style="list-style-type: none">- Player is interested in learning more about the fundamentals of the game- Minimal previous experience in organized volleyball (leagues, camps, clinics)- Ball used during game play: VBU12 Youth Volleyball- Net Height: 7 feet <p>* Serving Rules During Game Play: At coach's discretion, server may serve first three balls from the 3-meter line. Once she serves the first three successfully, she must step back to the 6-meter line. Players will be allowed one re-serve if the <i>first</i> serve from the three little meter line is messed.</p>	<ul style="list-style-type: none">- Player should be able to execute the following skills:<ul style="list-style-type: none">- Serve accurately (overhand or underhand) from a distance of at least 6 m from the net- Utilize the forearm passing volleyball skill to direct the ball forward and up in the air consistently- Play a ball utilizing the overhead passing/setting volleyball skill- Understand the use of three contacts before the ball is sent back to the opponent's side- Knowledge of clockwise "rotating" pattern and basic understanding of responsibilities of different positions (i.e., the setter should play the second contact)- Ball used during game play: Molten L2- Net Height: 7 feet, 4 1/8 inches (regulation) <p>* Serving Rules During Game Play: At coach's discretion, server may serve first three balls from the 6-meter line. Once she serves the first three successfully, she must step back to the regular volleyball in line.</p>	<ul style="list-style-type: none">- Player should be able to execute the following skills:<ul style="list-style-type: none">- Serve accurately (preferably overhand) from the regular volleyball endline.- Utilize the forearm passing volleyball skill to direct the ball to a "target" position or player (i.e., the setter)- Direct a second ball contact (i.e., set) to a teammate utilizing the overhead passing/setting volleyball skill- Ability to utilize a spiking/attacking motion to send third contact to opponent's side of the net- At least basic understanding of specific positional responsibilities as it relates to playing in a designated space on the court- Ball used during game play: Molten Soft Touch- Net Height: 7 feet, 4 1/8 inches (regulation) <p>* Serving Rules During Game Play: All servers will always serve from the regular volleyball in line</p>



Winter League 2026 Information & Registration Links

WINTER LEAGUE 2026 FAQ

Question: Can I request a practice time?

Answer: Yes! Families will be allowed to identify a preferred practice time as well as preferred practice day. Families will also be asked to identify the most important factor in their child's team placement (practice time, practice day, friend request). Please remember that the earlier you register, the more likely you are to receive your preferred requests.

Question: Which division of play is most appropriate for my child? My child played in the Developmental division during the Fall League, but I feel that her skills improved considerably. Should we register for the Intermediate division for Winter League? How do I know if we should move up a division?

Answer: The aforementioned "Suggested Skill Sets for Developmental, Intermediate, and Advanced Divisions of Play" should be the first resource to reference when trying to best answer this question. If I can be of further assistance in answering any family-specific questions, please feel free to reach out to me.

Question: Can I request for my child to play on the same team as her friend(s), classmate(s), or current Fall League teammate(s)?

Answer: Yes! Please make sure that all participants who wish to be on the same team together complete registration ASAP. Additionally, please make sure that the members of your group are registering for the same division and if your group will be requesting preferred practice time and/or day, please make sure that all families in the group are on board with those requests. Please note the names of requested friends in "Notes and Comments" section of the registration page.

Question: My child is currently playing on a Fall League team. If I sign her up for the Winter League, will she be placed on a team with her current Fall League teammates?

Answer: Not necessarily! The Winter League is a separate program from the Fall League, so I will not be referencing Fall League rosters when forming Winter League teams. Once again, however, if your child has had a particularly positive experience playing on a Fall League team with another player or group of players, you may certainly request for that group of players (by first and last names) to play again together on the same Winter League team.

Question: Does my child have to try-out for the Winter League?

Answer: No, there is no try-out for the Winter League. Additional factors that are taken into consideration when forming teams include: Player's Age, Player's Grade, Player's School, etc.



Winter League 2026 Information & Registration Links

Question: My child had a very positive experience with her Fall League coach. Can we request to have that coach again?

Answer: Many of our coaches who coach during the Fall League do not necessarily coach during the Winter League. That said, if your child had a great experience with a coach, our staff would like to hear about it!

Question: Why can't I find my Winter League registration on my Alliance account?

Answer: Your recreational league registration is not done through your Alliance account. Unfortunately, once the registration is submitted and your invoice has been sent to the email address on the registration, you will not have access to it.

Question: Is there an inclement weather policy?

Answer: Should the forecast call for **inclement weather** on the day of a Winter League practice or game, Alliance staff will aim to make a final decision by **12:00 PM** (or **2:00 PM at the latest**) regarding whether that evening's activities will proceed as planned. Families will be notified of the decision via email as soon as it is made. In the event of a cancellation due to weather, Alliance will make every effort to **reschedule the missed practice or game**. However, with such a **tightly packed schedule planned nearly a year in advance**, there is limited flexibility for make-up dates. While we will do our best, please understand that not all cancellations may be able to be rescheduled. For days when activities are still scheduled to take place, we **strongly encourage families to use their best judgment** when deciding whether to travel. We recognize that families come from across the Midstate region, and that weather conditions can vary significantly from one area to another. **No child will ever be penalized** if a family chooses not to travel due to inclement weather. The safety of our athletes and their families will always be our top priority.

REGISTRATION LINKS

To register for the DEVELOPMENTAL division, please utilize the following link:

<https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=1220&GroupID=3932913>

To register for the INTERMEDIATE division, please utilize the following link:

<https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=1220&GroupID=3932914>

To register for the ADVANCED division, please utilize the following link:

<https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=1220&GroupID=3932915>