



VOLLEYBALL LESSONS

All players, regardless of club affiliation, are welcome to contact our staff or coaches for lessons, who will then secure court time, as available. You will pay the coach directly after your scheduled lesson. Please note we are currently trying to schedule all lessons 48 hours in advance and request a 24 hour notice directly to your coach if cancellation is necessary.

Lesson Cancellation & No-show Policy: Please be advised that if you cancel your scheduled lesson with less than 6 hours' notice or fail to attend without prior communication (no-show), the coach reserves the right to request payment in full. Repeated late cancellations or no-shows may result in loss of scheduling privileges.

Coach	2025 Club Team(s)	Ages	Email Address
Lauren Shook	13 Regional Head Coach	All Ages	laurendshook@gmail.com
Val Green	16 REN Assistant Coach	All Ages	greenva9@gmail.com
Gina Rivera-Ortiz	14 REN Practice Coach	All Ages	glriveraortiz@gmail.com
Alex Dempsey	14 Molten Head Coach	13-18 Ages	alexdempsyaudio@gmail.com
Kelly Holmgren	11 REN Head Coach	All Ages	kelly.m.holmgren@gmail.com
Breigh Chadwick	17 Molten Head Coach	All Ages	breighchadwick@gmail.com
Tyler Donelson	12 Regional Head Coach	All Ages	tdonelson@alliancevbc.com
Caroline Carlton	14 REN Practice Coach	13-18 Ages	caroline.carlton1234@gmail.com

***Progression of Alliance Club Teams starting at the top and working the way down:**

(1) REN, (2) Molten, (3) Premier, (4 and 5) Regional, (6) Local

Coaches will charge as follows, and such charge includes the cost of court rental by the coach:

# of Players	Total Owed	Per Player
1 on 1	\$80.00	\$80.00
1 on 2	\$120.00	\$60.00
1 on 3	\$150.00	\$50.00
1 on 4	\$180.00	\$45.00
1 on 5	\$200.00	\$40.00
1 on 6	\$210.00	\$35.00

During club season, head coaches MAY NOT do paid private lessons with members of their own team.