



7th & 8th Grade Training Program

Program Overview

Designed for motivated 7th & 8th grade players (2026-2027 school year) with prior volleyball experience. This program focuses on skill development, advanced techniques, and game strategy to prepare athletes for their upcoming season.

Not for beginners - ideal for players with middle school or league experience.

◆ ROUND 1

Dates: June 15-18

Time: 9 AM - 3 PM (Lunch 11:30-12:30)

Cost: \$325

Focus:

- Multi-touch drills (serve → pass → set → attack → dig)
- Positional responsibilities
- Live play (5v5, 6v6)
- Defensive systems & out-of-system play

◆ ROUND 3

Dates: July 13-16

Time: 9 AM - 3 PM (Lunch 11:30-12:30)

Cost: \$325

Focus:

- Advanced game strategies
- Reading opponents
- Competitive gameplay
- Mental toughness in high-pressure situations

Registration

Opens February 1, 2026

1. Visit www.alliancevbc.com
2. Click “**Sign In**” (top right)
3. Create or log in to your Alliance account
4. Add your player as a dependent
5. Confirm t-shirt size is up to date
6. For complete information on our refund policy, please visit our website.

Discounts

- **Two Rounds:** Save \$50
- **Three Rounds:** Save \$100
- **Maximum Savings:** \$150

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