



# Sunday Skills Clinic Series 2026

Alliance’s Sunday Skills Clinic Series will return for its **17<sup>th</sup>** year

Sunday Skills Clinics in August: 8/2, 8/9, 8/16, 8/23, 8/30

Sunday Skills Clinics in September: 9/13, 9/20

Location: Alliance Training Center, 215 Gothic Ct., Franklin

Registration **OPENS 7/6** for Sunday Skills!

### **Sunday Skills Schedule: Ages 13-18**

1:00 – 2:00pm	Ages 13 & 14	Attacking
	Ages 15 - 18	Attacking
2:00 – 3:00pm	Ages 13 & 14	Serving & Passing
	Ages 15 - 18	Serving & Passing
3:00 – 4:00pm	Ages 13 – 18 *players will be split by age	Defense
	Ages 13 – 18 *players will be split by age	Setting

Cost: \$30/clinic (if you register **by** 12:00 PM on the Saturday before the clinic)

Cost: \$35/clinic (if you register **after** 12:00 PM on the Saturday before the clinic)

### **Sunday Skills Schedule: Ages 10-12**

1:00 – 2:30pm	Ages 10 - 12	All Skills
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Cost: \$40/clinic (if you register **by** 12:00 PM on the Saturday before the clinic)

Cost: \$45/clinic (if you register **after** 12:00 PM on the Saturday before the clinic)

- To register for any of these sessions, please visit the Alliance web site, [www.alliancevbc.com](http://www.alliancevbc.com), and click on “Sign In” in the top right-hand corner to create an Alliance account. Please make sure you have your player listed as a dependent on your account.
  - If you already have an Alliance account, please “Sign In” and register through your Alliance account.
- Age guidelines are tied to the age group the athlete would try-out for a club team if she wished to do so. For example, if the athlete would try-out for 15-and-under age group, her age would be considered “15” for purposes of registering for Sunday Skills Clinics.
- Please register as much in advance as possible to help our coaches in their planning efforts and to help ensure all sessions are staffed appropriately. ‘Walk-ups’ can be accepted at an additional \$5/session rate as space permits. There is no guaranteed admittance.
  - You can find our full refund policy on our website.
- Each Lead Coach will approach his/her session a little bit differently, but generally, our coaches like to build on what was trained the week before. There might be 25% of a session that is a review from the previous week, but 75% which will be new. We encourage – but do *not* require – players to register for multiple weeks of a session to maximize the benefit they can receive from each session.
- Additional Questions may be directed to Brianna Legieza at [blegieza@alliancevbc.com](mailto:blegieza@alliancevbc.com)