



10's & 11's Training

Registration opens 7/31/2026



**Tuesdays: 9/8, 9/15,
9/22, 9/29**

**Thursdays: 9/10, 9/17,
9/24, 10/1**



**Time:
5:30-7:00pm**



**Cost:
\$225**

**You can find our full refund
policy on our website.*



Location:

**215 Gothic Ct.,
Franklin, TN**

Program Description:

Introducing and implementing volleyball fundamentals trained in a small group setting. The program will employ small group training, station work and ability - tailored instruction.

Training Program Includes:

Ages 10 & 11

More About Our "Training Program":

Will create a cooperative learning environment for newcomers to the game and those who have limited experience but enjoy learning the game of volleyball. The goal of our training program is to cultivate the love and enjoyment of the game as skills are trained in a safe and fundamentally sound manner. We believe in technique progressions and high repetition. Everyone, regardless of skill level, will begin with the fundamental skills of volleyball. We will end each session with competitive game play. Training program members will receive training in all positions. Participant:Instructor ratio will be 10:1.

How to Register



**Families can register online
at www.alliancevbc.com.**



**Click on "Sign In" to create an
account if you don't already have one.**



**Please make sure your player is listed as a
dependent on your account and their t-shirt
size is up-to-date.**

**** WHAT TO BRING ****

- Athletic shoes
- Athletic attire
- Kneepads
- Water bottle
- **Do NOT bring a ball**



**Register online at
www.alliancevbc.com**

Additional Questions

Brianna Legieza, Alliance Programming Manager e-mail: blegieza@alliancevbc.com