



# Youth Training Camps

## Little Spikers

(Grades 1 – 5)

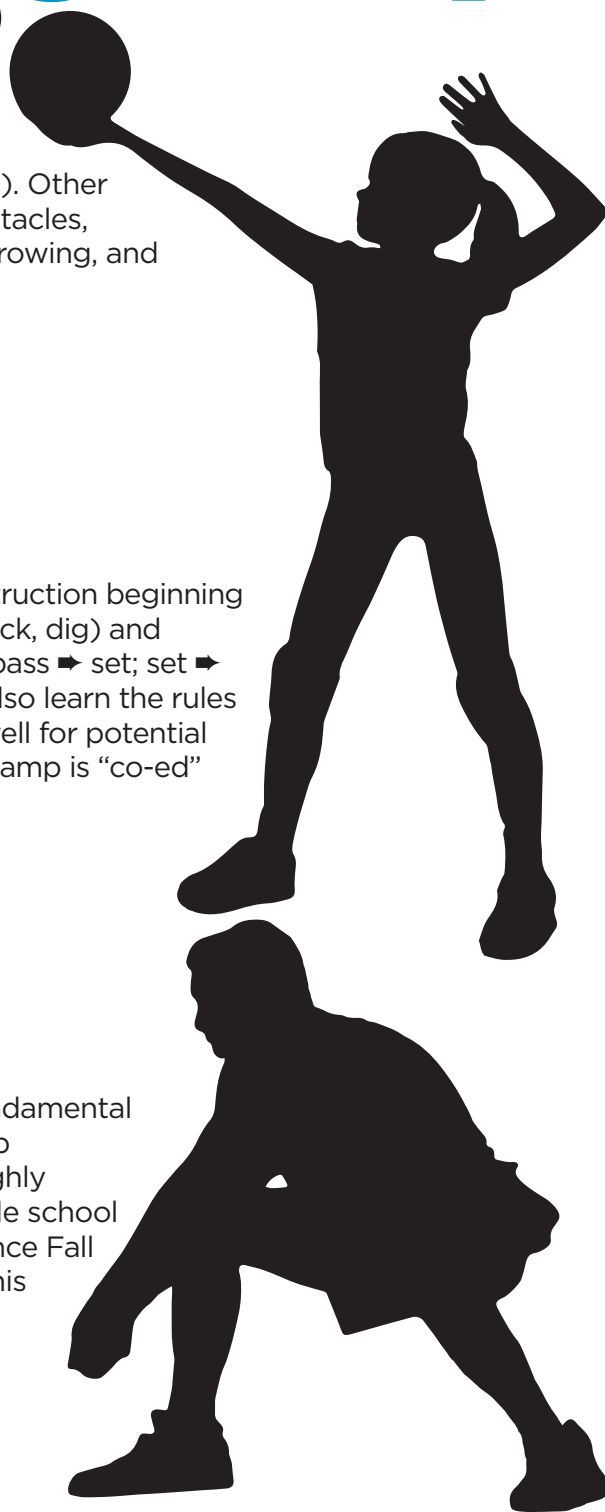
- **Grades:** 1st – 2nd (as of 2017-2018 school year).
- **Description:** Instruction will focus on motor skill development, hand-eye coordination, and the introduction of fundamental volleyball skills (serving, passing, setting, attacking, and digging). Other non-volleyball specific activities will include running around obstacles, balancing on one leg, hopping forward & sideways, catching, throwing, and kicking a ball. This camp is “co-ed” open to both boys and girls.
- **Dates:** June 26th – June 30th
- **Time:** 9:00 a.m. – 10:30 a.m.
- **Max # Participants:** 24
- **Cost:** \$30/session (per diem) OR \$100 for all five sessions.

## Fun with Fundamentals

- **Grades:** 3rd – 4th (as of 2017-2018 school year).
- **Description:** Camp will focus on volleyball-specific drills and instruction beginning with an emphasis on single-touch contacts (serve, pass, set, attack, dig) and eventually working toward multi-touch contacts (serve ➡ pass; pass ➡ set; set ➡ attack; etc.) in a more game-like environment. Participants will also learn the rules of the game as it relates to 6 v 6 play, which will prepare them well for potential participation in Alliance Fall League beginning in October. This camp is “co-ed” open to both boys and girls.
- **Dates:** June 26th – June 30th
- **Time:** 9:30 a.m. – 11:30 a.m.
- **Max # Participants:** 24
- **Cost:** \$35/session (per diem) OR \$125 for all five sessions.

## All About Skills

- **Grades:** 5th (as of 2017-2018 school year).
- **Description:** Instruction will focus on further breaking down fundamental skills and participants will be exposed to Alliance Volleyball Club terminology, teaching keys, and principles. This camp will be highly beneficial to any player thinking about trying out for their middle school volleyball team the following spring or participating in the Alliance Fall League as either a first-time participant or a returning player. This camp is “co-ed” open to both boys and girls.
- **Dates:** June 26th – June 30th
- **Time:** 10:00 a.m. – 12:00 p.m.
- **Max # Participants:** 24
- **Cost:** \$35/session (per diem) OR \$125 for all five sessions.



Answers to FAQ, including directions on how to register, are on the back of this sheet

[www.AllianceVBC.com](http://www.AllianceVBC.com)

# Q&A Youth Training Camps

## Questions & Answers

### (Q) Why Alliance?

(A) Alliance has been serving the greater Middle Tennessee area since 2009, guided by its vision — and motivated by its commitment — to grow the game by offering playing and training opportunities for all ages and skill levels. Our coaches are our greatest resource: unique in their individual experiences and professional backgrounds, but alike in their shared motivation to positively impact the lives of our athletes both on the court and off of it. Alliance's culture of positioning our athletes within competitive, comfortable environments has led to a rich history of proven results including 29 All-American honorees, 7 Gatorade Player of the Year Award winners, and a national ranking as one of the best clubs in the country.

### (Q) When Will Registration Open For These Camps?

(A) Registration is now open! With a limited number of openings in each camp, it is strongly encouraged that you register sooner rather than later if you are interested in attending a camp.

### (Q) How Do I Register?

- (A)
- (1) Go to our web site, **[www.alliancevbc.com](http://www.alliancevbc.com)**
  - (2) Top right corner of the page...click on **“log in”**
  - (3) The registration system we use is called Blue Sombrero. You'll need to create an account (username & password) and enter all of the required information
  - (4) After you create your account, you'll see an option to register for available programs. Select the session(s) you wish to attend, and add to your shopping cart
  - (5) Submit your payment information, and you're done!

### (Q) Where Will Camps Take Place?

(A) All camps will be held @ **A-Game Sportsplex** in Franklin-Cool Springs. Building Address is 215 Gothic Court, Franklin, TN 37067.

### (Q) How Do I Find Out Who The Coaches Will Be For Each Camp?

(A) Lead Coaches will be posted on the Alliance Facebook Page as they are finalized. All Lead Coaches will be members of the Alliance Coaching Staff.

### (Q) Will Skill Sessions Be The Same Each Day?

(A) Sessions will continue to build off of what was introduced the previous day. It is not a requirement for a participant to attend each session.

### (Q) What is Participant:Coach Ratio For Camps?

(A) A Participant:Coach ratio of 6:1 will be targeted for each camp.

For more information about the Alliance Youth Training Camps , please visit our website at **[www.AllianceVBC.com](http://www.AllianceVBC.com)**