



# June 6th Grade Training Program

## Grades

6th (as of 2018-19 school year)

## Program Description

Reinforcing the technical training of fundamental volleyball skills and also exploring more advanced volleyball strategies which athletes would likely be introduced to playing middle school volleyball for the first time. There will be a strong emphasis on first touch skills (serving & passing) as well as general ball control. Training will also cover game-specific strategies that will be pre-requisites for playing middle school volleyball such as rotating, serve receive patterns, and system vs. out-of-system play.

## Suggested Participant

Player who may or may not have already tried out for their middle school team for the first time. Player should have previous experience playing organized volleyball (e.g. Fall/Winter League) and have already been introduced to basic volleyball skills in order to fully benefit from this program. This is not an introductory program, but is intended to help further develop the skill set of a highly motivated athlete who enjoys playing volleyball and is looking for extra gym time, repetitions, and feedback before the start of their middle school season.

## Lead Coach

Tatiana Alvarez

## About Tatiana

Tatiana has established herself as an excellent trainer in club and high school volleyball in the midstate over the last three years. Tatiana played three seasons of Division I volleyball as DS/L for the University of Miami and graduated in 2011 with her Bachelor of Music degree. Tatiana is currently serving as Head Coach of Alliance's 14 Premier team and Assistant Coach of Alliance's 18 Molten team. She is also entering her third season as Head Varsity Coach @ Battle Ground Academy.

## Cost

- \$400 ("all-in")
- \$250 (Mondays ONLY)
- \$250 (Wednesdays ONLY)
- \$75 ("per diem")

## Meeting Dates

- Mondays: 9:00am – 12:00pm
  - Dates: 6/4, 6/11, 6/18, 6/25
- Wednesdays: 9:00am – 12:00pm
  - Dates: 6/6, 6/13, 6/20, 6/27

## Meeting Location

All 6th Grade Training Program sessions will meet @ A-Game Sportsplex (215 Gothic Ct, Franklin, TN 37067)

## How to Register

- Please visit the Alliance web site, [www.alliancevbc.com](http://www.alliancevbc.com), and click on "Register" in the top right hand corner to create a Blue Sombrero account.
- If you already have a Blue Sombrero account, please "Log In" and register through your Blue Sombrero account.
- You will have the option to register "all-in", Mondays ONLY, Wednesdays ONLY, or "per diem"

## Additional Questions

- Tatiana Alvarez  
6th Grade Training Program Lead Coach
  - e-mail: [tatiana.alvarez@mybga.org](mailto:tatiana.alvarez@mybga.org)
- Peter Lienert  
Alliance Programming Manager
  - e-mail: [plienert@alliancevbc.com](mailto:plienert@alliancevbc.com)

### **Who Alliance is...**

- Community-based, Non-Profit Organization
- *"Alliance believes that every child should be offered the opportunity to develop skills that will enable them to excel...We strive to provide a solid foundation of fundamental and technical skills to help participants develop, not only as athletes, but also as individuals..." — Alliance Mission Statement*