

# ALLIANCE

## July Elite Training Series

### REN Nashville Blue Program (Grades 7th – 8th)

- **Program Description:** High-intensity, structured training environment designed for players with previous experience competing at a high level of club volleyball. Training will include general skill enhancement, positional-specific work, and opportunities to compete in 6 v 6 and other game-like situations.
- **Suggested Participant:** Program would be ideal supplement for athletes looking to be in the gym with other like-minded athletes who are looking for high-intensity training and matched competition. This program is for the highly motivated athlete who is serious about improving their game and is willing to work hard and be challenged!
- **Eligible Ages:** Grades 7th – 8th (as of 2018-19 school year).
- **Lead Coach:** Tatiana Alvarez & Alliance Coaching Staff
- **Meeting Dates & Times:**
  - Sunday, July 1st:.....3:30pm – 5:30pm
  - Monday, July 2nd:.....6:30pm – 8:30pm
  - Tuesday, July 3rd:.....6:30pm – 8:30pm
  - Thursday, July 5th:.....6:30pm – 8:30pm
  - Friday, July 6th:.....6:30pm – 8:30pm
- **Cost:** \$200 (“all-in”); \$50 (“per diem”)
- **Meeting Location:** All sessions will meet @ A-Game Sportsplex (215 Gothic Ct, Franklin, TN 37067).

### Mizuno Diva Blue Program (Grades 9th – 12th)

- **Program Description:** High-intensity, structured training environment designed for players with previous experience competing at a high level of club volleyball. Training will include general skill enhancement, positional-specific work, and opportunities to compete in 6 v 6 and other game-like situations.
- **Suggested Participant:** Program would be ideal preparation for athletes involved in USA Volleyball's High Performance programs in July as well as those who are looking for high-intensity training and matched competition before traveling to a college camp. Program would also be highly beneficial to any rising college freshman who is looking to stay sharp in their game before heading off to school.
- **Eligible Ages:** Grades 9th – 12th (as of 2018-19 school year) as well as any rising college freshmen.
- **Lead Coach:** Peter Lienert & Alliance Coaching Staff
- **Meeting Dates & Times:**
  - Sunday, July 1st:.....5:30pm – 7:30pm
  - Monday, July 2nd:.....4:30pm – 6:30pm
  - Tuesday, July 3rd:.....4:30pm – 6:30pm
  - Thursday, July 5th:.....4:30pm – 6:30pm
  - Friday, July 6th:.....4:30pm – 6:30pm
- **Cost:** \$200 (“all-in”); \$50 (“per diem”)
- **Meeting Location:** All sessions will meet @ A-Game Sportsplex (215 Gothic Ct, Franklin, TN 37067).

*“Here’s how I’m going to beat you. I’m going to outwork you. That’s it. That’s all there is to it.”*

**Pat Summitt** (Head Basketball Coach, University of Tennessee, 1974-2012)