



Holiday Training Options

Boys Training Workshops:

Overview: Alliance is pleased to welcome [Dave Derocher](#), NCAA Men's National Champion 1990 USC, to our staff to spearhead our new training program designed for **boys ages 12 – 18**. Dave will be surrounded by other experienced Men's coaches and players from our community

Rates: FREE
Times (ages 12-14 only): 11/21 5:30-7:00, 11/24 1:00-2:30
Times (ages 15-18): 11/21 7:00-8:30, 11/24 2:30-4:00

Registration Walk up

Information about boys' program available @ www.alliancevbc.com

"Cram In" Ball Control:

Overview: Multi-year state champion, [Cathy Cram](#), will bring her expertise and passion for training our up and coming youngsters in this session. This will be Cathy's 9th season working with Alliance's 12U players. Training is designed for those ages 11(U) and 12 who want to improve their general ball control skills

Rates: \$50
Times 11/21 1:00-3:00

Registration and other details available @:
www.alliancevbc.com

All sessions are hosted at **A-Game Sports Complex** (215 Gothic Court, Franklin TN). All holiday programs are open to any and all athletes regardless of school or club affiliation.

"Attacking Tools":

Overview: [Caleb Norton](#) will be using the Accu-Spike attacking device to enhance armswing, attacking alignment, hand contact (on ball) and approach dynamics.

Rates: \$35
Times (ages 13-14 only): 11/21 11:30 – 1:00
Times (ages 15-18): 11/21 10:00 – 11:30

Registration and other details available @:
www.alliancevbc.com

"How the Body Operates" Yoga:

Overview: Kenrose Elementary PE teacher, [Anna Del Prado Sellers](#), brings her 20 years of practicing, studying and teaching yoga in various parts of the country, learning various disciplines around yoga. Anna's vision for athlete's growth of focus, breathing, discipline and how the body operates is so crucial for our athletes' performance.

Rates: \$20 **bring your own mat, space is limited*
Times (ages 13-18) 11/21 5:00-6:30

Registration available @:
www.alliancevbc.com