

ALLIANCE

Spring 2018 Try-Out Tune-Up Clinics

Alliance Volleyball Club will host its 5th annual Try-Out Tune-Up Clinic Series!

CLINIC DESCRIPTIONS

- **Serving:** Arguably the most important skill in volleyball. Coaches will introduce mechanically sound overhead serving principles including the coordination of the lift/toss and swing, the lift/toss location, and the ideal contact point of the ball.
- **Attacking:** A combination of arm swing & footwork. Coaches will introduce athletes to correct posture, hand control, and applicable footwork patterns.
- **Passing & Defending:** If you can pass the ball to your setter consistently, your team will likely win a lot of games. Defense is about eyework, posture, contact, & movement, but primarily about attitude!
- **All-Skills:** These sessions are designed for players who are looking for reps in all five of the primary skill categories: Serve, Pass, Set, Attack, & Defend. Focus will be on more "live" 5 v 5 and 6 v 6 play with a multi-touch emphasis.

PROGRAM DESCRIPTION: Tune-Up Clinics are designed for all athletes – regardless of club affiliation or participation – who are looking for additional touches and feedback before their middle school/high school try-outs. Clinics will be particularly beneficial for non-club players who are looking to brush up on their skills or try-out for their school team for the first time!

DATES/TIMES:

WEDNESDAYS 4/18 (Middle School Only), 4/25, 5/2, 5/9, 5/16, 5/23, 5/30

4:30 - 5:30

SERVING: Middle School Players (as of 2018-19 school year)

- Maximum # of Participants: 24
- Cost: \$20/player

SERVING: High School Players (as of 2018-19 school year)

- Maximum # of Participants: 24
- Cost: \$20/player

5:30 - 6:30

ATTACKING: Middle School Players (as of 2018-19 school year)

- Maximum # of Participants: 24
- Cost: \$20/player

ATTACKING: High School Players (as of 2018-19 school year)

- Maximum # of Participants: 24
- Cost: \$20/player

6:30 - 7:30

PASSING & DEFENSE: Middle School Players (as of 2018-19 school year)

- Maximum # of Participants: 24
- Cost: \$20/player

PASSING & DEFENSE: High School Players (as of 2018-19 school year)

- Maximum # of Participants: 24
- Cost: \$20/player

MONDAYS 4/23, 4/30, 5/7, 5/14, 5/21

4:30 - 6:00

ALL-SKILLS: Middle School Players (as of 2018-19 school year)

- Maximum # of Participants: 24
- Cost: \$30/player

HOW DO I REGISTER?

1. **www.alliancevbc.com** → click on **"REGISTER"** in the top corner of the page.
2. Follow prompts to create a Blue Sombrero account, which is registration interface used by Alliance Volleyball Club.
3. After creating your account, you'll see an option to register for available programs → select the clinic(s) you wish to attend, and add to your shopping cart.
4. Submit your payment information.

For additional questions, please contact: **Peter Lienert**, Alliance Programming Manager
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