











Sunday Skills Clinic Series 2016

Sunday 10/2 is the FINAL date of the 2016 Sunday Skills Clinic Series

Please be advised that Sunday, 10/2, will be the *final* date of the 2016 Sunday Skills Clinic Series. We had nearly 200 athletes attend clinics last week, and with club try-outs a little more than a week away for 11-, 12-, 13-, and 14-under age groups, we expect Sunday 10/2 to be the most well-attended Sunday Skills. With that said, if your child will be attending any of the 10/2 clinics, please consider registering online through the Alliance web site – via your Blue Sombrero account – as soon as possible! While we don't mind late registrations or walk-up registrations, it does make planning and staffing easier on our Lead Coaches when they know in advance approximately how many players will attend their session. Thanks for your consideration!

- Alliance is pleased to announce LEAD COACHES for all **October 2** sessions!
- The *Sunday Skills Clinic Series* serves three primary purposes:
 1. Be in the gym & get lots of reps
 2. Train with members of our 2016-17 coaching staff
 3. Meet other players from the area
- Cost: \$25/session
- Location: All 10/2 sessions will take place at A-Game Sportsplex, 215 Gothic Court, Franklin, TN 37067

 1:00 – 2:00: Serving (Ages 8 – 12)	<i>Lydia Wright, Nolensville H.S. Asst Coach /12-4 Head Coach</i>
 1:00 – 2:00: Attacking (Ages 13 – 15)	<i>Amber Holzer, Franklin H.S. Head Coach /14-2 Head Coach</i>
 1:00 – 2:00: Attacking (Ages 16 – 18)	<i>John Blair, Alliance Mentor Coach/18-1 Head Coach</i>
 2:00 – 3:00: Passing (Ages 8 – 12)	<i>Lydia Wright, Nolensville H.S. Asst Coach /12-4 Head Coach</i>
 2:00 – 3:00: Serving & Passing (Ages 13 – 15)	<i>Peter Lienert, Alliance Programming Mgr/15-1 Asst Coach</i>
 2:00 – 3:00: Serving & Passing (Ages 16 – 18)	<i>Ben O'Day, Alliance Technical Director/16-1 Head Coach</i>
 3:00 – 4:00: Defense (Ages 13 – 18)	<i>Abbey West, Alliance Operations Manager/13-1 Head Coach</i>
 4:00 – 5:00: Setting (Ages 13 – 18)	<i>Abbey West, Alliance Operations Manager/13-1 Head Coach</i>

- To register for any of these sessions, please visit the Alliance web site, 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.
- Additional questions may be directed to Peter Lienert, Alliance's Programming Manager
 - E-mail: plienert@alliancevbc.com Cell: 201-693-1994

Frequently Asked Question

QUESTION: "Does each week's session build on what was trained the week before, or is each week's session essentially a repeat of the week before?"

ANSWER: Each Lead Coach will approach his/her session a little bit differently, but as a general rule, our coaches like to build on what was trained the week before. There might be 25% of a session that is a review from the previous week, but 75% which will be new. On a related note, we encourage – but do not require – players to register for multiple weeks of a session to maximize the benefit they can receive from each session. However, if, for example, a player attended a session for the first time on October 2, they would still be able to benefit from that session without having attended the previous week's session.