

A1-Alliance Academy Summer Sand 9 Week Instructional Volleyball Program Information. 4 Sand Courts Available. Boys & Girls.

Start Date & Fee: June 10 to August 08. Two days a week. Either Mon./Wed. or Tues./Thur. 4 hours per week. 36 plus hours over the summer. Sessions 1 – 4. Fee: \$275 per participant.

We have added a youth beginner program for 6 – 9 years old. Attend 1 day a week for 2 hours. 8:15a. – 10:15a. Mon., Tues., Weds. or Thurs. You pick the day. Fee: \$135 per player. Sessions 5 – 8. A great value and excellent coaching! Other programs may cost much more with less time! Please review the registration form for more info. on the other side of this. You may also request more info. by emailing A1-Alliance.

Where: Konkal Park in Greenfield (South Milw./Franklin/Greenfield/New Berlin/Oak Creek areas).

Ages: 6 years up to 17 years old. For both girls and boys. Beginners to elite. Note: These sessions are open to any club or non-club volleyball players from any school or club. Bring a friend or two to car pool!

Coaching staff: Highly skilled coaches from different volleyball clubs that have a great knowledge and understanding of the game as well and able to improve the overall volleyball skills of every player. Our coaching staff is friendly, outgoing and very energetic. Our summer sand players have fun while also being challenged at times. Our coaches do those little extra things that our players really love!

What every participant will receive included in the fee: Brand new outdoor volleyball, t-shirt and two to three volleyball evaluations. Our summer season Pizza party (small fee) and a FREE door prize gift to every player that attends. Note: A player may make-up their missed time at any other session or time with-out any problem. These make-up session(s) could be prior to the day(s) you might miss. Just show up to any other session time we are running.

What these volleyball sessions will teach and emphasize:

- Strong fundamentals & proper volleyball techniques.
- Basic fundamentals of volleyball as well as new techniques.
- Offensive & defensive transitional drills along with proper footwork.
- Blocking techniques.
- Hitting techniques & strategies. Seeing the whole court.
- Work on improving ball handling skills with hands & forward passing.
- Discuss & apply plyometrics.
- Two to three volleyball evaluations to be used as a guide for continuous improvement.
- Work on speed & agility along with overall conditioning drills.
- Note: Playing in sand improves a player's overall endurance, increases speed, agility, ball control, balance and coordination especially when returning to play indoor hard court volleyball again. Many pro volleyball players recommend sand volleyball especially 3 time GOLD Olympic players: Karch Kiarly, Kerri Walsh-Jennings, Misty May-Treanor as well as many coaches.
- About 8 to 1 players to coach ratio per court. No players waiting or standing around to use the court. Other courts are available for players to practice on when needed.
- This 9 week program offers much more touches on the ball for the price far less than a one week volleyball camp or a 5 to 7 week volleyball camp at much lower the costs or dollar per hour.

For more information please email us at: a1alliancevb@yahoo.com

Or call Coach Trygve for Konkal Park @ 414.940.0929 or Tim Janzen @ 262.391.3335. Thanks for your possible interest in our excellent 9 Week Summer Sand Instructional Volleyball Program. Our coaching staff looks forward to improving everyone's volleyball skills.

Note: Please feel free to forward this email or flyer to any of your volleyball friends or families. This is first come first serve. All sessions are still available at this time.

Note: These sessions are open to any volleyball player (club or non-club) new to advanced players.

Note: No school or school district, &/or church has any affiliation with this advertisement. Opinions expressed within this information are only from A1-Alliance Volleyball Academy personnel.

A1-Alliance Volleyball Academy Works For YOU!!!