

2022

# TWO OPTIONS

## FOR MIXED PLAYERS FOR BNU & WU



1

### CLUB TEAM

1x training per week

Parent coach led

Pro-coach support trainings 2-3 times per season

2

### ALLIANCE

Aim to play in the competitive grades

2x trainings per week

Pro-coach involvement at training and some games

Parent coach involved

Extra cost to standard club fees

INCLUDED

NO

#### PLAY FOR CLUB TEAM

1 session per week  
1x club team training

PLUS option to join Alliance skills session

YES

#### ALLIANCE TEAM(S)

Play in Alliance strip

2 sessions per week  
1x team training  
1x skills training

### BOTH OPTIONS HAVE SAME PHILOSOPHY

Equal playing time / Full rotation of positions / Emphasis on development / Focus on enjoyment over winning