



215 Gothic Court  
Franklin, Tennessee 37067  
p. 615-771-2444 - f. 615-771-2456  
[www.GoAGame.com](http://www.GoAGame.com)

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**ALLIANCE VOLLEYBALL ADDS SPORTS PSYCHOLOGY CONSULTANT  
AND PHYSICAL TRAINER TO ASSIST TEAMS**

**Services also available to other athletes training at A-Game**

FRANKLIN, Tenn. – Alliance Volleyball, Middle Tennessee’s most competitive travel volleyball programs, has added sports psychology consultant Tiffany Watson and elite physical trainer Judd Granzow to its player development team. Watson and Granzow will work with players in the program on a weekly basis. In addition, their services will also be available to other athletes training at A-Game.

“Everyone at Alliance is excited to have Tiffany and Judd available to work with our athletes. This further separates our program from others in Middle Tennessee,” said Tracey Berry, club director. “We want to be able to offer athletes all of the services they need to reach their full potential. Tiffany and Judd bring proven experience in their respective fields.”

Watson integrates traditional psychological counseling techniques with the dynamics of the sport and exercise arena. Before founding her own company, The MindBody Doctor, she was a personal fitness trainer at Focus Fitness, a lifestyle coach, a sport and exercise psychology consultant and a sport science instructor at Belmont University. She has a bachelor’s degree in psychology, a master’s in kinesiology and a doctorate in health and human performance.

Granzow founded M.A.D (Making a Difference) Sports Training, a premier sports training program in Cool Springs, in 2007 to provide athletes with the advanced speed, strength and agility coaching to take their game to the next level. His expertise in the area of sports training has allowed him to successfully train a variety of athletes that include middle school and high school athletes, current NFL, NBA and MLB players, Division I All-Conference selections, hundreds of athletic scholarship recipients and even recruits for the Navy Seals.

Watson and Granzow both will maintain their own businesses and will work with A-Game athletes on a consulting basis.

Located in Cool Springs, A-Game, formerly known as Southern Ice, is a 170,000-square-foot multi-sport training and destination facility. The facility features two ice rinks, hardwood courts for basketball and volleyball, a fitness center, Laser Chase and other sports and activities.

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