



# OKLAHOMA PEAK PERFORMANCE

## 13's

Oklahoma Peak Performance (OP<sup>2</sup>) provides an environment for the committed volleyball player to reach her peak performance in three specific areas:

### **Sport Specific Development:**

OP<sup>2</sup> has the privilege of providing our athletes with the highest level of instruction and training the nation has to offer. Our coaches have a variety of coaching experience at the local, state and national levels. OP<sup>2</sup> coaches are committed to helping each team and player reach their optimum performance in the sport of volleyball. In addition, many of our coaches have years of experience on both sides of the college recruiting process and will assist players and parents who are interested in pursuing a collegiate volleyball career.

### **Character Development:**

OP<sup>2</sup> is dedicated to the growth and development of the whole person: body, mind and spirit. We place a great value in the areas of education, decision-making, morality, and spirituality. Biblical principles are the foundation of development in this area as we help athletes mature and navigate through life. OP<sup>2</sup> invests intentional time helping each player optimize their role within the family, the team and as a contributing citizen.

### **Fitness and Conditioning Development:**

OP<sup>2</sup> is determined to assist our players in becoming the best athlete they can be with their God-given ability. We provide unique opportunities in speed, agility & jump training as well as nutrition, strength and conditioning. Top professionals in each field will link with OP<sup>2</sup> in these endeavors.

**Practices:** All 13's teams have two practices per week; one during the weekday (generally M/Tu/Th) and one on the weekend (Fri/Sat/or Sunday afternoon/evening). 13-1 & 13-2 have 6 hours of practice a week. 13-3, 13-4, & 13-5 practice 4 hours a week. In addition, all but 13-5 receive 1 hour of strength/conditioning per week through iCrush Sports Performance.

<b><u>Fees</u></b>	<b>Total Fee</b>	<b>Initial Payment</b>	<b>3 Installments</b>
		Oct. 17 Coach Mtg.	Nov.10, Jan. 10, Feb. 10
13-1 (EP)	\$3,370	\$1,011	\$786.33
13-2 (National)	\$3,030	\$909	\$707
13-3 & 13-4(American)	\$2,640	\$792	\$616
13-5 (Select)	\$2,140	\$642	\$499.33

The goal for OP<sup>2</sup> is to reveal all expenses that incur during a normal club volleyball season and to include as many of those expenses in our base fee. This will allow parents to budget their money and not feel like they are being nickel & dimed.

## How do I compare the fees? Sample Comparison of 13's team

	<b>Club A</b>	<b>OP<sup>2</sup> 13 Select</b>	<b>OP<sup>2</sup> 13-3 Amer.</b>	<b>OP<sup>2</sup> 13-1 EP</b>
<b>Base Fee</b>	<b>\$2,300</b>	<b>\$2,140</b>	<b>\$2,640</b>	<b>\$3,370</b>
Club Operation expenses	Included	Included	Included	Included
Gym & equipment Expenses	Included	Included	Included	Included
(hours of practice a week)	<b>4-5 hrs./wk</b>	<b>4 hrs./wk</b>	<b>4 hrs./wk</b>	<b>6 hrs./wk</b>
Fitness/Conditioning	<b>Not offered</b>	<b>Optional</b>	<b>1 hr./wk.</b>	<b>1 hr./wk.</b>
Coach Stipend	Included	Included	Included	Included
Game Uniforms	Included	Included	Included	Included
Warm Up	\$70	Included	Included	Included
Backpack	\$40	Included	Included	Included
Practice Shirts	\$20	Included	Included	Included
# of Qualifiers	1 Included	0	1 Possible	2-3
Coach Expenses for Qualifier	Included	Included	Included	Included
Tournament Fees (7-8 tournneys)	Included	Included	Included	Included
Coach Travel Expenses	<b>\$900</b>	<b>Included</b>	<b>Included</b>	<b>Included</b>
Addl. Or Natl. Tournaments	Extra	Extra	Extra	Extra
<b>Total</b>	<b>\$3,330</b>	<b>\$2,240</b>	<b>\$2,640</b>	<b>\$3,370</b>

Club fees can vary greatly but may not include all the expenses incurred. Be sure to consider the categories and information above when comparing fees.

Athletes pay for their own food, transportation, and lodging while at tournaments. Players can stay with their parents or players can share a room.

OP2 teams qualifying for the USA Volleyball National Championships are expected to attend. National tournament expenses are in addition to the base fee and teams typically fundraise for this tournament.

Discount – Families who have 2 or more players in the Peak program receive a 10% discount on the cost of the dues that is the lesser amount.

Practices will be held at the OP<sup>2</sup> Training Facility (11626 N. I-35 Service Rd., OKC).

**A Coach/Player/Parent Meeting will be held on Sunday, Oct. 17 from 1:00pm – 6:00pm, at the Peak Training Facility. Teams will be assigned a 1 hour time slot to meet with their coach and be fitted on this day.**

**All parents must establish an account on the SportsEngine platform. Please have an e-check or debit/credit card available when establishing the account.** A registration link will be emailed to you by your coach. You may also find it on our website ([www.op2vb.com](http://www.op2vb.com)) the week of Oct. 11-15. Parents may pay the entire balance or they may choose to pay in four payments. After the initial payment, the outstanding balance will be automatically billed in 3 additional payments (Nov. 10, Jan. 10 & Feb. 10). Contracts are binding as of Saturday, October 16.

Players will be contacted about making a team **generally within 48 hours**. The 48 hour time frame may be extended should parents/players choose to delay their decisions. Players are encouraged to participate in as many tryouts as they would like. The club may use the online database to notify parents of any available positions on teams.