



## **OKLAHOMA PEAK PERFORMANCE**

### **15's, 16's, 17's and 18's**

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

#### **Sport Specific Development:**

OP<sup>2</sup> has the privilege of providing our athletes with some of 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. Peak's experienced coaches provides players with the tools needed to be recognized by the collegiate programs that fit their needs. From Penn State to Pepperdine, Cornell to Chicago, Army to Navy, as well as Virginia Tech, OU, Baylor, TCU, UCO, and many in-state programs, no other club in Oklahoma has a deeper or broader resume of players who have gone on to play collegiately.

#### **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. Coach Lisa Polcovich and iCrush Sports partners with OP<sup>2</sup> in these endeavors. In addition to practices, **every 15's-18's player receives one hour of strength/conditioning training each week running from mid-January to mid-April.**

**Practices:** 15-4's practice 4 hours/week. All other teams practice 6 hrs. per week (two 3-hour practices per week). All teams receive one hour of strength/conditioning per week through iCrush Sports Performance. Practices will be held at the OP<sup>2</sup> Training Facility (11626 N. I-35 Service Rd., OKC).

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 better project the actual costs of participation for the season. See fee structure on the back page.

<b>Fees</b>	<b>Total Fee</b>	<b>Initial Payment</b> Oct. 31 Parent Mtg.	<b>3 Installments</b> Jan.10, Feb. 10, Mar. 10
15's-18's (EP)	\$3,370	\$1,011	\$786.33
15's-18's (National)	\$3,265	\$980	\$761.66
15's (American)	\$2,820	\$846	\$658

### How do I compare fees? Sample Comparison of 15's-18's Teams

	<b>Club A</b>	<b>OP<sup>2</sup></b> <b>15 Amer.</b>	<b>OP<sup>2</sup></b> <b>15-18 Natl.</b>	<b>OP<sup>2</sup></b> <b>15-18 EP</b>
<b>Base Fee</b>	<b>\$2,600</b>	<b>\$2,700</b>	<b>\$3,265</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>6 hrs./wk</b>	<b>6 hrs./wk</b>
Fitness/Conditioning	<b>Not offered</b>	1 hr./wk	1 hr./wk	1 hr./wk
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	1 Possible	2 Included	2-3 Included
Coach Expenses for Qualifier	400	Included	Included	Included
Tournament Fees (7-9 tourneys)	Included	Included	Included	Included
Coach Travel Expenses	<b>\$650</b>	<b>Included</b>	<b>Included</b>	<b>Included</b>
Additional Tournaments	Extra	Extra	Extra	Extra
<b>Total</b>	<b>\$3,780</b>	<b>\$2,700</b>	<b>\$3,265</b>	<b>\$3,370</b>

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

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

**A Parent/Player Meeting will be held on Sunday, Oct. 31 at the Peak Center.** Teams will be assigned a 1 ¼ hour time block between 1:00 - 6:00pm. At this meeting, parents and players will meet with their coach, and players will be fitted for uniforms. (Your coach will email you the specific time for your team.)

**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. Checks cannot be accepted as players need to be registered on their specific team in the SportsEngine platform. Parents may pay the entire balance or they may choose to pay in four payments. After the initial installment, the outstanding balance will be automatically billed in 3 additional payments (Jan. 10, Feb. 10, & March 10).

Per OKRVA guidelines, contracts are not binding until Saturday, October 30.

Players will be contacted if they make a team **generally within 48 hours**. 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. Players are not guaranteed a call should they not make a team. However, we may use the tryout registration database to communicate when all teams are filled.