



# OKLAHOMA PEAK PERFORMANCE

## FREQUENTLY ASKED QUESTIONS

- 1. How do I find more information about OP2?** Follow us on the web at: [op2vb.com](http://op2vb.com), [Facebook](#) (OP2- Oklahoma Peak Performance Volleyball Club), [Instagram](#) (op2vbc), or [Twitter](#) (@oklahomapeak). All tryout and club information will be shared on these sites.
- 2. What is a Club Team?** A "Club" team is the traditional type of program offered in most volleyball clubs. OP2 operates under the umbrella and governance of USA Volleyball. One goal of most clubs is to qualify teams for the USA J.O. National Championships. Peak has qualified over 130 teams for the USA Junior Olympic Volleyball National Championships in 17 years. Peak's girls' teams range in age from 8-18.
- 3. What do I have to do to be on a team?**
  - a. Register as a member of USA Volleyball by going to <http://okrva.com/registration.shtml>. Players cannot tryout with any club without having a 2023-2024 USA Volleyball membership number. NOTE: If your child is not selected or decides not to play, you may request a refund of the USA Volleyball membership fee by contacting the Oklahoma Region Commissioner at [smccarty@cox.net](mailto:smccarty@cox.net).
  - b. Go to [op2vb.com](http://op2vb.com) and register online for OP2's tryouts. The cost for Peak's tryouts is \$65. You will be required to provide your child's USA membership number as a part of the registration.
  - c. If your child is offered and accepts a position on a team, you and your child will need to attend the OP2 Signing Day/ Parent & Player meeting to sign a contract and make the initial payment.
- 4. How often do teams practice?** All teams practice twice a week. Depending on the age and level, teams can practice 1 ½ hours (10's teams), 2 hours, or 3 hours. So, teams could practice a total of 3, 4, or 6 hours per week. Most teams will have one weekday practice (M,Tu,Th) and one weekend practice (F, Sat., or Sun.). Some teams (if it works with their schedules) may practice on Wednesday. Teams could miss a weekend practice once tournaments begin. Practices missed on weekends due to tournaments may not be made up.
- 5. Where will my team practice?** All practices (except special occasions) will be held at the Peak Training Facility, 11702 N. I-35 Service Road, OKC, 73131.
- 6. How are practice times determined?** The team coach and club director will determine the days that practices occur based on feedback from coaches and parents. With 30 teams, flexibility is appreciated by all involved. Practices will begin the middle of November for the 11's – 14's and late November for the 15's – 18's.
- 7. How many players are selected for a team?** Typically, 10 players are chosen. Occasionally, based upon a coach's offensive philosophy, a team may have 9 or 11. NOTE: Many clubs now place 12 on a team.
- 8. How do tryouts work?** Each club holds tryouts to select their teams for the upcoming season. Parents pay a fee (\$65 for OP2) for their child to participate in the tryout. At the tryouts, coaches are looking for players to fill a variety of positions and needs. Once their team is selected, the coaches will call the selected players and offer them a position on the team. Due to the number of players trying out, **players not selected are typically not notified personally**. Those who register online may receive email updates about teams.
- 9. Does OP2 offer players positions before tryouts or place players on teams before tryouts?** Never. Players must come to a tryout to be selected for a team. Due to illness, injury, or other unusual circumstances, an alternate tryout date may be offered to a player. Players coming after tryouts may be offered a spot if space is available on a team.



- 10. If my child is offered a position on a club's team, do I have to accept or commit before I've attended other clubs' tryouts?** No. The Oklahoma Region Volleyball Association sanctions tryout dates. They attempt to schedule age groups together so players can choose to tryout out for several clubs within a few days time. The Region discourages clubs from pressuring players/parents into commitments before they have had the opportunity to tryout for other clubs in their area. You have the choice to attend other clubs' tryouts in the area before committing or signing a contract. If you feel you've been pressured or have questions or concerns regarding this issue, you may contact the Commissioner of the OKRVA at [smccarty@cox.net](mailto:smccarty@cox.net).
- 11. Does each club include the same items in their fees?** No. Be sure and ask about the specific items covered in your dues. Some clubs may have extra charges for uniforms or warm-ups, coaches travel expenses, tournament fees, etc. OP2 has included these and many others in the fee structure.
- 12. How much does it cost to play for OP2?** Depending upon the age group, level of the team, and number of practices, our programs range from approximately \$1,900 - \$3,825 per year. These fees include costs for practice facilities, uniforms, warm-up apparel, practice shirts, coaches' fees, coaches' expenses, and tournament entry fees among others. The fees do not include your child's hotel, travel, and food expenses for traveling to tournaments.
- 13. Does OP2 offer a discount on dues if more than one child is playing for Peak?** Yes. If two children are playing for Peak, parents receive 10% off the lesser amount on one player's dues.
- 14. Is fundraising mandatory with OP2?** No. Some clubs have mandatory fundraising to help cover the bottom line, but OP2 does not. Teams may request permission from the board to do fundraisers for covering expenses to national tournaments.
- 15. Does OP2 have a strength/conditioning program?** Yes. OP2 partners with iCrush Sports Performance to provide players with one hour of strength/conditioning per week for most teams. Select teams can participate at an additional cost.
- 16. How does OP2 encourage character development among its players/teams?** As a part of our vision, OP2 encourages coaches to intentionally teach character principles in practice as well as while on the road at volleyball tournaments. Coaches use John Wooden's Pyramid of Success Playbook to encourage character development in your child.
- 17. Does OP2 offer players assistance with recruiting?** Yes. Peak's experienced coaching staff can help players connect with coaches across the country. Peak players are playing at the NCAA DI, DII, DIII, & NAIA levels as well as playing internationally and on USA National teams.
- 18. Can I play club volleyball and participate in another sport?** Yes, but it takes discipline. Many times excellent athletes play multiple sports. We will work with players in dual sports so that they and the team have a positive experience.
- 19. What should I look for when choosing a club?** One of the most important factors to consider when selecting a club is the coach. Choose carefully the role model who will be mentoring your child throughout the season. The decision to play for a club is a decision best made by a parent and a child, free from pressure by clubs/coaches.