



## Frequently asked Questions about Club Volleyball

### 1. What types of programs does OP<sup>2</sup> offer?

In addition to developmental camps for 9-12 year olds and individual or group lessons, OP<sup>2</sup> offers club, regional, and metro teams for the competitive athlete from 10 – 17.

### 2. What is a Regional Team?

OP<sup>2</sup> has added “Regional” teams for the 2009-2010 season for the 13’s, 14’s, 15’s, and 16’s age groups. Regional teams will be chosen based upon ability just like the club teams. The regional teams will practice two times per week as opposed to three times a week for 13’s – 16’s club teams. In addition, the regional teams could travel farther than the metro teams (outside Oklahoma) and participate in larger tournaments. Our regional teams compare to all other club teams in the state in terms of the number of practices per week (2).

### 3. What is a Metro Team?

OP<sup>2</sup> developed the Metro concept in 2007 as a way to reach players that clubs were not reaching at that time. We believed there were players interested in competitive volleyball but wanted a slightly different program than club volleyball offered. We designed the Metro program for:

- a. Players who participated in other sports and therefore did not have the time to practice as much as club teams.
- b. Players who were new to the sport of volleyball. The metro concept allowed parents to determine their child’s interest level before pursuing club volleyball.
- c. Parents who wanted less travel than club teams.
- d. Parents who were looking for a competitive program at a reduced cost.

### 4. How is a Metro team different from a club or regional team?

Most metro teams will practice less than our club and regional teams and will play more of their tournaments in-state. The 11’s, 12’s, and 13’s metro teams will practice once a week. The 14 metro team will practice twice a week. In addition to less travel, they will typically play more one-day tournaments than a club or regional team. While all Peak teams have the same uniforms, the metro teams will not have as many jerseys and will not be issued warm-ups which lowers the cost.

What the Metro team has in common with our club teams is the quality of coaching and the expectation that these teams will compete well against other teams. Last year, our Metro teams won several tournaments at different age levels competing against club teams.

### 5. How do tryouts work?

Each club holds tryouts to select their teams for the upcoming season. Parents pay a fee (\$40 for OP<sup>2</sup>) for their child to participate in the tryout. \$10 of that fee goes to the Oklahoma Region Volleyball Association which governs and oversees volleyball for the state of Oklahoma.

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.

**6. 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 the clubs in their area. You have the choice to attend all clubs' tryouts in the area before committing or signing a contract. If you have questions or concerns regarding this issue, you may contact the Commissioner of the OKRVA at [commissioner@okrva.com](mailto:commissioner@okrva.com).

**7. Does each Club include the same items in their fees?**

No. Often times the bottom line can be misleading. What sounds like a better deal may in reality cost you more money in the long run. 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. OP<sup>2</sup> has included these and many others in their fee structure.

**8. Is fundraising mandatory with OP<sup>2</sup>?**

No. Some clubs have mandatory fundraising to help cover the bottom line but OP<sup>2</sup> does not.

**9. Are the coaches' travel expenses an additional cost or are they included in the set fees?**

OP<sup>2</sup> coaches' travel expenses are included in the fees. They are not a separate expense that parents have to pay or pay if/when the travel budget is depleted.

**10. How many practices a week will there be?**

Most club teams will average 2-3 practices a week. Regional teams will practice twice a week and metro teams practice once a week for 11's, 12's, and 13's. 14's metro teams practice twice a week. Teams may practice less once tournaments begin.

**11. When will my team practice?**

Practices will be held on Monday, Tuesday, Wednesday (possible), Thursday, Saturday and Sunday afternoon. The team coach and club director will determine the days that practices occur. Practices will begin in November for the 11's – 14's and December for the 15's – 18's.

**12. Can I play club volleyball and participate in another sport?**

Yes. 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. Going to school, participating in church activities, social events as well as family activities along with playing multiple sports takes a lot of discipline and support from parents and coaches. *Players should not participate in several sports at a time along with club volleyball or play sports that have back to back seasons while playing club volleyball if they are on the top team in an age group.*