



**BYOP**  
Bring Your Own Parent®  
Oklahoma City



**2017 Fall Program: BYOP® – Oklahoma City (Limited Space)**  
**Players ages 10 Under and their parent (s)**

**Program Overview:** This training program is designed for any players, no matter what skill or ability level, as long as their goal is to become the best they can be! Parents must be fully dedicated and actively involved in this program. BYOP® will provide excellent volleyball fundamental skills training as well as life lessons to both player and parent.

**Program Details:** Each training session will build upon a solid foundation of all fundamental skills needed to participate in the sport of volleyball. Parents must be engaged in every training session, participate and be involved in the home training program involving physical and skills activities.

**Introduction to BYOP® Classroom Session Dates/Times/Location:** Monday October 2 at 6:00-7:00 pm at The Lighthouse 3333 W. Hefner Rd. Oklahoma City 73120.

**Session I Dates/Times/Location:** Oct 16, 23 & 30; Nov. 6, 13, 27; Dec 4 & 11 at The Lighthouse. Ages 5, 6, 7 - 6:00 - 7:00 pm and Ages 8, 9 & 10 - 7:00 - 8:00 pm. Nov 2 Bring A Friend (BAF™) & Dec 11 Skill Contest / PLAYDAY. (Only registered BYOP® players and their friends - limited space).

**Email:** RSVP for your SPOT and [complete online contact form](#) **TODAY!**

**Fee:** 7 training sessions, 1 Skills Contest / PLAYDAY for \$240 which includes 1 player & 1 parent BYOP® t-shirt for training. New players tote bag & Promo BYOP® DVD. (checks payable to All American Sports mail to: 216 SW 147th Oklahoma City, OK 73170-). Bring a jump rope for parent and athlete, 3 tennis balls, knee pads, water bottle, and hair tied back for athlete for each session.

**Information about Janet Brannon and the BYOP® Program**

- Contact Janet Brannon: [byopokc@gmail.com](mailto:byopokc@gmail.com)
- BYOP® - Oklahoma City: [www.byopokc.weebly.com](http://www.byopokc.weebly.com)
- BYOP® Official Website: [www.bringyourownparent.com](http://www.bringyourownparent.com)
- History of BYOP® Sizzle: <https://youtu.be/l8UTlKxJyLo>
- New BYOP® Cities Sizzle: <https://youtu.be/VsQ9iX4lIEA>

