



OP2 VOLLEYBALL BASE CAMP & APEX CAMP

July 30—Aug. 27

Sundays from 2:30 - 4:30 pm



ABOUT BASE AND APEX CAMPS

OP2 “Base” Camp is for girls and boys in grades 2-5 and is designed to help players achieve a strong foundation, or “base” in their fundamental volleyball skills.

OP2 “Apex” Camp is for girls and boys in grades 6, 7, & 8. Emphasis continues to be on fundamental skills but with more group & team drills/skills and game-like applications.

WHEN: Sundays, July 30—August 27 from 2:30-4:30 pm

WHERE: OP2 Training Center, 11626 N. I-35 Service Road, Oklahoma City

COST: \$160—Includes 10 hours of instruction (5 sessions) and a camp t-shirt for each participant.

ABOUT OP²

Oklahoma Peak Performance Volleyball Club trains 280 players a year, ages 9—18, in its club programs. OP², or “Peak,” is committed to helping players reach their potential in volleyball development, fitness/conditioning, and character development.

In addition to our club programs, our developmental camps have trained more than 1,800 players in 12 years. Our Base Camps help establish the fundamentals for young players as well as developing an enjoyment for the sport.

Our coaching staff includes Olympic level, collegiate, high school, and middle school coaches who have earned one collegiate national championship, 15 state high school championships, a USA High Performance national championship, and a Silver Medal at the 2008 Paralympics in Beijing, China.

Find registration link at
www.op2vb.com

Volleyball Camp

BASE CAMP—Grades 2—5
APEX CAMP—Grades 6—8



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