

## Wave– a more competitive/High-Performance (HP) program

- There will be Wave specific try-outs before Strikers try-outs. When you register, only choose Wave (you do not need to register/pay for both try-outs), and you will be asked to check a box if you want to also try out for Strikers (local athletes only) if you do not make a Wave team. Anyone is welcome to try out for the Wave teams – this year we anticipate the teams to be at the 17/18U level.
- Cost:
  - Club fees for the Wave teams are higher than the Strikers teams, and will cover entry into 2 additional tournaments, including Nationals (plus some of the additional coaching expenses for those tournaments).
  - There may still be additional tournament and coach expense fees above the amount covered by club fees, depending on how many tournaments the team enters.
  - Club fees do not cover travel expenses for **any** tournaments
    - Travel expenses can be quite high for Nationals (approx. \$1,200-\$1400 per player?)
  - Additional travel expenses will be covered through families & fundraising.
- The time commitment for the Wave High-Performance program will be higher:
  - An extra skills development day (Mon evening?)
  - Extra Volleyball Training one morning (probably Thursday 7-8:15?)
  - 1-2 strength training days (after school) with training specialist
    - \*\*Costs for these activities (approx. \$500?) will be paid directly to the trainers involved and are **not** included in club fees.