

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

- \*\* note this information is also available on our website \*\*
- Although potential players will be evaluated at all try-outs, this year there will be Wave specific try-outs (see the website once available).
- 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.
  - 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 would be covered through families & fundraising.
- The time commitment for the High-Performance program will be higher:
  - An extra skills development day (Mon evening?)
  - Volleyball Training one morning with Abstract (probably Thursday 7-8:15?)
  - 1-2 strength training days (after school) with Chris Berglund @ Stronghearts Fitness.
    - \*\*Costs for these activities (approx. \$500?) will be paid directly to the trainers involved and are **not** included in club fees.