



K2 VOLLEYBALL CLUB IS AN UNCOMMON PLACE FOR UNCOMMON PEOPLE. SINCE 2009 WE HAVE DEVELOPED ATHLETES IN A CULTURE OF DISCIPLINE, SACRIFICE, HARD WORK AND SELF RELIANCE. OUR TRAINING IS NEVER COMPLETE, OUR METHODS OF TRAINING ALWAYS EVOLVING AND IMPROVING.

K2 Programs 2018-2019

Elite Travel Program:

K2's top tier program:

The Elite Travel Season will run November-June (18U teams will end their season this year in May). Teams will have at least 3 practices per week with positional training within their sessions. All players will be required to participate in 865 Strength, Speed and Agility training 2 times per week. Teams will participate in open level tournaments within the season while also competing in the Mid East Power League and AAU Nationals. Jason Hames is the master coach and will oversee/lead all practices. 10-12 Tournaments

\$50 tryout fee/\$200 Commitment Fee/\$4000-\$4800 Program Cost

Following Uniform Package Included In Cost: 4 jerseys, 3 spandex, 2 practice shirts, warm-ups (sweatshirt and pants), training hood, backpack, 2 pairs of long socks and a pack of short socks, 2 pairs of kneepads and 2 pairs of shoes.

U15-U18 Team Travel: Additional Cost \$1500-\$2900 (This fee includes transportation, gas, and lodging for each athlete)

Travel Program:

The Travel Season will run November-May. Teams will have 3 practices per week with positional training within their sessions. All players will be required to participate in 865 Strength, Speed and Agility training 2 times per week. Teams will participate in open, premier, club level (depending on strength of the team) tournaments within the season while also competing in the Southeast Alliance Volleyball League. Jason and Chris Hames are the master coaches and will oversee/lead all practices. 8-10 tournaments

\$50 tryout fee/\$200 Commitment Fee/\$3000-\$3900 Program Cost

Following Uniform Package Included In Cost: 3 jerseys, 2 spandex, 2 practice shirts, warm-ups (sweatshirt and pants), training hood, backpack, 2 pairs of long socks and a pack of short socks, 1 pair of kneepads and 1 pair of shoes.

In House Program (Non-Travel)

Please see the In House flyer for details on this program!

Regional Travel Program:

The Regional Travel Season will run November-May. Teams will have 2 practices per week with positional training within their sessions. They will participate in 5-6 club level tournaments regionally based as well as potentially participate in some In house game days at K2 Volleyball Club. Christine Hames is the master coach and will oversee/lead all practices.

\$50 tryout fee/\$200 Commitment Fee/\$2400-\$2800 Program Cost

Following Uniform Package Included In Cost: 2 jerseys, 2 spandex, 2 practice shirts, 2 pair of long socks, 1 pair of kneepads and 1 pair of shoes.

*Additional items will be available for purchase on K2's online store

10U and 11U Girls/ All Boys Travel Programs

The Season will run November-May. Teams will have 2 practices per week with positional training within their sessions. Teams will participate in 4-5 club level tournaments regionally based as well as potentially participate in some In house game days at K2 Volleyball Club. Christine Hames is the master coach and will oversee/lead all practices.

\$50 tryout fee/ \$200 Commitment Fee/\$800-\$1400 Program Cost

Following Uniform Package Included In Cost:

Girls: 2 jerseys and 1 pair of spandex
Boys: 2 jerseys and 2 pairs of shorts

*Additional items will be available for purchase on K2's online store

Short-Season Travel Program

The Short Season Program consists of two separate 8-week seasons: Winter Season November-February and Spring Season March-May. Teams will have 2 practices per week and will participate in 3-4 tournaments regionally based as well as potentially participate in some In house game days at K2 Volleyball Club. Christine Hames is the master coach and will oversee/lead all practices.

\$50 Tryout Fee Per Season/\$900 Program Cost Per Season

Following Uniform Package Included In Cost: 2 jerseys and 1 pair of spandex