

**OMNI**  
VOLLEYBALL

# ***MISSION STATEMENT***

Our goal is to provide student athletes with a structured, highly technical environment which incorporates the values of communication, collaboration, and competition.





# LEADERSHIP DIRECTOR TEAM

OMNI's Leadership Team is comprised of four main leaders with a supporting cast



**JENNY HOOKER**  
EXECUTIVE DIRECTOR &  
RECRUITING COORDINATOR



**GABE LEAL**  
DIRECTOR OF TRAVEL  
& OPERATIONS



**JOHN GRIX**  
DIRECTOR OF FACILITIES  
& EQUIPMENT



**RICK MCNABB**  
DIRECTOR OF COACH  
& ATHLETE DEVELOPMENT



**JILLIAN LONTAYAO**  
ADMINISTRATION &  
COMPLIANCE



**ANTHONY LONTAYAO**  
MEDIA, ADVERTISEMENT  
& WEBSITE



**LAUREN CHARLES**  
STAFF + TEAM GEAR  
BRANDING & SOCIAL MEDIA



# PROGRAMS

## NATIONAL & ELITE TEAMS

This program is for athletes who have aspirations to play at the collegiate level and are making a commitment to prioritize volleyball. It is expected that players will attend every practice and every tournament with a high-level of focus and commitment. All National teams will attend multiple qualifiers and compete to earn a bid to Nationals.

**PRACTICE TIMES:**  
2-3 Practices per week

**WEIGHT TRAINING:**  
OMNI Performance Training twice a week

**TOURNAMENT PLAY INCLUDES:**  
One Regional Preseason 3-day Tournament  
Regional League play Tournaments  
2-3 USAV National Qualifying Tournaments  
Pre-Nationals Tune-Up tournament

**ALL** Teams will attend USAV Nationals or AAU Nationals.  
(Extended Season)

## NATIONAL

\$4800 Paid in Full  
\$4995 Payment Plan

## POWER & PRIME TEAMS

Power teams focus on development, exposure, and experience as athletes work to improve their overall skillsets, build relationships, and develop a love for the sport. These teams provide opportunities for players who want to compete, but are not at the National team level yet. Athletes will be trained with a focus on high quality repetitions to ensure improvement throughout the season. Athletes will be constantly evaluated for opportunities to move up to the national teams in the future.

**PRACTICE TIMES:**  
2 Practices per week

**WEIGHT TRAINING:**  
OMNI Performance Training twice a week

**TOURNAMENT PLAY INCLUDES:**  
Pre League Tournament  
WCVBA League Play  
2 National Qualifiers and one additional tournament  
(We are looking to add additional teams for 15s and 16s)

## POWER

\$3800 Paid In Full  
\$3995 Payment Plan

## PREMIER TEAMS

Premier focuses on learning fundamentals, building proper mechanics, and developing an athletes volleyball IQ. This is a great level for players who are looking to play throughout the year to make their school teams and continue to progress in the sport. The coaches of these teams will strive to foster a love of the game while teaching fundamentals, and providing opportunities to play in challenging local matches.

**PRACTICE TIMES:**  
2 Practices per week

**TOURNAMENT PLAY INCLUDES:**  
Regional League play tournaments  
One, Two, or Three Day Tournaments  
Far Westerns in Reno

## PREMIER

\$3200 Paid In Full  
\$3395 Payment Plan



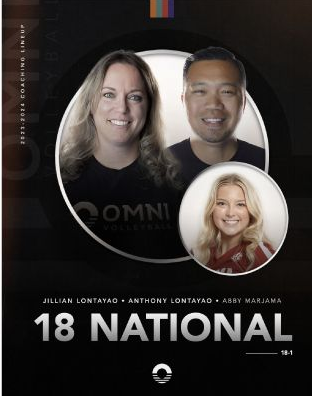
2023-2024

15s-18s

***GIRLS TEAM***  
***+ COACHES***





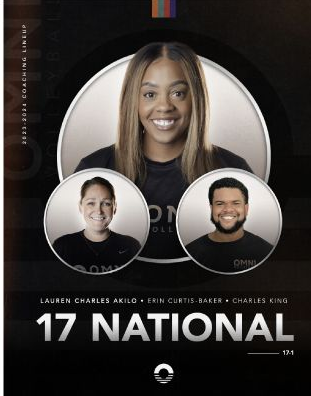


2023-2024 COACHING LINEUP

JILLIAN LONTAYAO • ANTHONY LONTAYAO • ABBY MARJAMA

**18 NATIONAL**

18-1

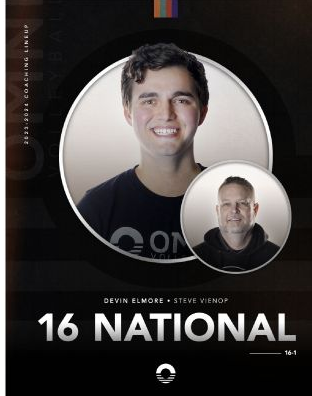


2023-2024 COACHING LINEUP

LAUREN CHARLES AKILO • EVIN CURTIS BAKER • CHARLES KING

**17 NATIONAL**

17-1

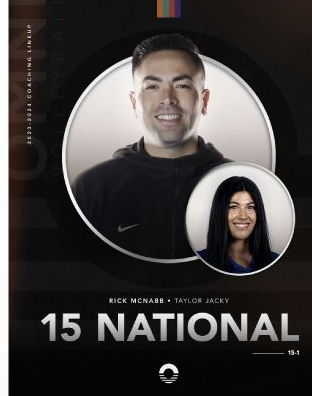


2023-2024 COACHING LINEUP

DEVIN ELMORE • STEVE VIENDP

**16 NATIONAL**

16-1



2023-2024 COACHING LINEUP

RICK MCNABB • TAYLOR JACKY

**15 NATIONAL**

15-1



2023-2024 COACHING LINEUP

JESSICA PONIK • CASSI NEWMAN

**18 ELITE**

18-2



2023-2024 COACHING LINEUP

KAITLIN MEYER • MARY JUNE URZAG

**17 ELITE**

17-2



2023-2024 COACHING LINEUP

KATIE CURAHAN • KATY CORDANO

**16 ELITE**

16-2



2023-2024 COACHING LINEUP


JASON BALNES • CASSI NEWMAN

**15 ELITE**

15-2




2023-2024 COACHING LINEUP



CAMRYN LOVEALL • ASSISTANT COACH TRA

**17 POWER**

17-3



2023-2024 COACHING LINEUP



BRIANA MASON-KEIM • ASSISTANT COACH TRA

**16 POWER**

16-3



2023-2024 COACHING LINEUP



ASHLEY MACDONALD • RORA HOFFMANN

**15 POWER**

15-3



2023-2024 COACHING LINEUP



WINSTON WONG • ASSISTANT COACH TRA

**16 PREMIER**

16-4



2023-2024 COACHING LINEUP



KAITLYN ELROD • CYNTHIA MARTINEZ

**15 PREMIER**

15-4



# *PERFORMANCE TRAINING CENTER*



**BRIDGE THE GAP**  
PERFORMANCE & RECOVERY

We've partnered with Bridge the Gap Performance & Recovery to run our performance training area AND provide our athletes.

Bridge the Gap has a wealth of industry knowledge & experience in areas such as performance training, rehabilitation, sports nutrition, and athlete psychology, and emphasizes a holistic approach to performance enhancement for its athletes.





# OUR PERFORMANCE COACHES



**TOMMY CALLONEA**

- Doctor of Physical Therapy (in-house)
- Owner of Bridge the Gap Physical Therapy
- Collegiate basketball, volleyball and crew
- Second season with OMNI Performance
- Fun fact: Lived in Australia for 3 years while completing Grad School



**KATIE CUNANAN**

- Bachelor's Degree in Kinesiology - Exercise Science, Psychology Minor
- Sac State Volleyball Club
- Third season with OMNI Performance
- Volleyball Coach for 9 years
- Fun fact: ACL tear ended playing career but started coaching career



# ***WHO, WHAT & WHY?***

- **Performance Training:**

- 2x/wk
- National, Elite and Power teams
- Collegiate-level exercise programs

- **Programming includes:**

- Plyometrics
- Resistance Training (Weights, Band, Sleds)
- Joint Care
- Periodized Programming (In-season competitions)

- **Benefits:**

- Injury prevention
- Improved confidence
- Enhanced power, explosiveness and endurance

- **Athletic Testing Battery (V-BAT) & Fatigue Monitoring**

- Force Plates
- Radar Guns
- Vertec



# ***MINDSET MATTERS***

**TAYLOR JACKY**





# ***MINDSET MATTERS***



**TAYLOR JACKY**  
OWNER & FOUNDER

- **The “WHY”:**
  - Giving athletes as many tools as possible to help them perform under pressure, manage stress, and maintain their joy for the game in the process.
- **“Your best is enough”**



# ***MINDSET MATTERS TRAINING***

- **TOPICS:**

- Team culture (how to create and sustain it throughout the season)
- Leadership (what is their style? How can they use their style and work with their teammates style of leadership?)
- Athlete awareness (how to stay neutral, what are their triggers? How do they cope with stress?)

- **The training will be purposefully implemented to help the athletes as they compete throughout the season.**
- **The coaches will be aware of what content will be covered so they can also help the athletes remember the mindset tools we discussed.**



# TRYOUTS

AGE GROUP	DATE	CHECK-IN	TRYOUT TIME
18s and 17s	Friday, July 28	5:30 PM	6:00 PM - 8:00 PM
16s	Saturday, July 29	11:30 AM	12:00 PM - 2:00 PM
15s	Saturday, July 29	7:30 AM	8:00 AM - 10:00 AM
All Ages Make Up Tryout	Sunday, July 30	TBD	TBD

## REGISTER

[www.omnivolleyball.com/girlstryouts](http://www.omnivolleyball.com/girlstryouts)

