PARENT & ATHLETE GUIDE / NOVEMBER 2026

O3 Athlete Performance Membership

Your athlete's strength and sports performance coach in Saline, Michigan. O3 builds an individual training plan, coaches the work in small groups, and reviews progress with your family as the athlete develops.

Eligibility	Founding group	Monthly price	Initial commitment
Grades 5–12	First 10 athletes	$299	90 days

Five reasons to join

01 A plan built for their sport We start with an assessment, then match the plan to the athlete's sport, position, experience, schedule, and goals.

02 Hands-on coaching Athletes follow their own plans in coached small groups. The coach teaches technique and progresses strength, speed, power, and movement work as they're ready.

03 Progress families can see Monthly coaching videos and parent updates explain the work. Relevant tests are repeated every 90 days to help set the next goals.

04 Better nutrition and recovery habits Regular check-ins cover meals, snacks, hydration, refueling, sleep, and rest around school, practice, and competition.

05 A plan that adapts with the season The coach adjusts training around practices, games, and offseason priorities, from fifth grade fundamentals through varsity competition.

A team behind your athlete

Sport practice develops game skills. Physical preparation helps athletes use those skills when play speeds up or fatigue sets in. O3 applies the coordinated approach used in many college and pro programs, bringing strength coaching, nutrition education, and recovery habits together in one plan.

Shaping Athletes For Life

Build the foundation and measure progress

Your athlete and coach set the first goals together. Every 90 days, the coach reviews progress and uses the results to plan the next training cycle.

When	What your athlete and coach do
Day 1	Assess goals and establish a baseline. Choose development priorities for the first 90 days.
Every month	Train using the individual plan in booked coached blocks. Review the monthly coaching video, nutrition check-in, and parent update.
Day 90	Repeat relevant tests using consistent equipment, setup, and timing. Discuss what changed and where there is more work to do.
Next 90 days	Set new goals, update the plan for the athlete's sport and season, and return to training with a clear focus.

What we measure

Power and movement Vertical and broad jumps, jumping and landing video, and selected movement tasks.

Speed and acceleration Short sprints, such as a 10-yard test. A 40-yard dash may be used when relevant and space allows.

Change of direction Shuttle drills and movement assessments with consistent distances and timing.

Strength development Exercise technique and progression, including loads and repetitions where appropriate.

Your coach chooses measures based on sport, age, training experience, and goals. The progress record can include baseline and current results, attendance, goals, and notes. Progress varies by athlete.

What families see at Day 90

For a 10-yard sprint, the coach compares the starting time with the retest, explains what changed, and sets the next goal and training focus. The same review approach applies to other measures that fit your athlete's plan.

Coached scheduling and gym access

Families book athlete spots during designated coached hours. A coach is there to support athletes as needed while they work through their individual plans.

Proposed opening schedule

Starting January 2027: Tuesday, Wednesday, and Thursday. All times are local to Saline, Michigan.

Coached block	Athlete spots per block
3:30–4:30 p.m.	5
4:30–5:30 p.m.	5
5:30–6:30 p.m.	5

O3 will confirm the opening schedule, booking terms, and included weekly visits before enrollment. Your coach can recommend a training schedule around your athlete's sport and goals.

Access outside coached hours

Membership includes 24-hour gym access, including weekends, under O3's access rules. Coach support is available during designated coached blocks. Ask O3 about access setup and the rules that apply to your athlete before using the gym outside coached hours.

Training from fifth grade through varsity

A fifth grader might focus on balance, landing, and lifting technique. A varsity athlete might work on first-step speed, power, or staying fresh through a busy season. Both get a plan matched to their training experience and goals.

Fueling and recovery between sessions

The coach starts with a habits review and uses monthly check-ins to discuss practical ways to fuel, hydrate, sleep, and recover. Guidance focuses on everyday habits. A qualified professional can help with specialized dietary or medical needs.

Meet your coach

Steve Koski, Certified Strength and Conditioning Specialist (CSCS), guides the assessment, training plan, technique, and ongoing development. Share your athlete's practice and game schedule so he can account for the work they already do in their sport.

Enrollment and common questions

The founding group is limited to the first 10 athletes in grades 5–12. Membership is $299 per month with an initial 90-day commitment.

How do we get started? Tell O3 about your athlete, their sport, and their goals. We'll follow up about availability, scheduling, and registration. Once enrolled, your athlete begins with an assessment and baseline goals.

How often should my athlete train? Your coach recommends a schedule around the athlete's sport and goals. Confirm included visits, coached blocks, and booking terms before enrolling.

What happens after 90 days? The coach reviews results, sets the next goals, and updates the plan. O3 will confirm renewal terms before enrollment.

Is this one-on-one personal training? The plan is individual and coached hours are small group. Dedicated one-on-one appointments are a separate service.

Does my athlete have to play basketball or volleyball? No. The membership is open to athletes across sports in grades 5–12.

Are camps, clinics, or sport lessons included? O3 will confirm SPARQ and specialty clinic access before enrollment. Basketball and volleyball skill lessons, camps, and dedicated private sessions are separate unless included in your agreement.

O3 Health and Wellness

In development for a planned 2027 launch. Physical Therapy, Recovery & Restore Services, and Mental Health Coaching are future offerings.

Contact O3 Strength

Questions or ready to inquire? info@o3sports.com

O3 Sports Complex · 1200 Woodland Dr. E, Saline, MI 48176 · o3sports.com

Guide version 1.0 · Updated November 21, 2026. Confirm the opening schedule, booking and access rules, and enrollment terms with O3 before joining.