

Optimal Sports Performance is the ultimate training facility located in Fort Bend County and has been training champions since 1994. We train athletes from age 7-22 that play all sports. Through our proven programs, we have helped over 400 athletes go to college onto professional careers. Our focus is to help each athlete reach their full potential physically and mentally.

Our trainers are dedicated to ensuring that each athlete that trains with us has the opportunity to get mentally tougher, physically stronger, and reach their peak performance. Our new owner, Connor Teykl, played baseball at Rice University then went on to play at the professional level. He always has experience coaching at the collegiate level.

We train kids from all over Fort Bend County including Ridge Point, Travis, Dulles, George Ranch, Elkins, and Kempner.

It is our #1 goal to best serve the athletes and coaches in Fort Bend County. We are ready and willing to accommodate our class schedule to best fit you and your student-athletes changing schedule.

Currently we have classes on Monday/ Wednesday/ Friday at 3:15 and 4:30, and Tuesday/ Thursday at 5:45. If those do not fit into your current schedule please reach out to us and we can see what we can work out.

You can reach our owner at [connorteykl@gmail.com](mailto:connorteykl@gmail.com) or 832-967-8111. Please let me know if you have any questions for Connor.

We are offering the Fort Bend Texans 25% off their OSP membership with the code 'TEXANS'

I am looking forward to hearing from you soon!! Thank you so much for your time.

Respectfully,

Coach Connor