



SPORTS EDGE ACADEMY

1. WELCOME

We are Sports Edge Athletics. Northeast Florida's premiere indoor multi-sports training facility. At Sports Edge, we believe that athletics unites families, friends and communities like nothing else can. The Sports Edge Athletics Academy is here to nurture those bonds, turn potential into results and develop all around exceptional student-athletes. Through personalized plans and accountability, an experienced team of athletic and academic advisors and year-round training developed specifically for the individual athlete, the Sports Edge Academy provides a comprehensive strategy for your athlete to reach their full potential.

MISSION

Develop the Whole Athlete by fostering social development, providing academic support and innovative year-round athletic training.

2. WHAT'S YOUR EDGE?

The Sports Edge Academy is the only year-round academy in Northeast Florida that caters to developing athletes of all ages and skill levels. This approach includes:

i. ACADEMICS

Sports edge academy offers academic support to students currently enrolled in any virtual or homeschool program. Sports edge academy is dedicated to providing a supportive environment and focused space for students to complete their academic commitments during academy hours. The sports edge academy provides academic support through:

- a) Dedicated Academic Space for School work
- b) Defined Time Slots to Complete School Work
- c) Licensed Teacher to Proctor and Asist students when needed
- d) Individual Academic Advisor

ii. **TRAINING METHODOLOGY**

The Sports Edge Academy training methodology is designed by a team of coaches, trainers and player development advisors. Each Academy athlete is assigned a team to develop, evaluate and guide the athlete to reach their maximum potential. The athletic training team meets to discuss all aspects of the individual athlete's training plan and stays with the athlete throughout their duration in the Academy.

1. **INDIVIDUAL TRAINING PLANS**

a. Each athlete is guided through an individual training program on a yearly basis. This training plan is comprised of;

i. Nutrition

1. *Evaluation and personalized nutrition plan developed by a licensed nutritionist*

ii. Sport Specific Skills Training Plan

1. *Based on player evaluation, max potential and athlete goals*

iii. Performance Training Plan

1. *Developed by certified training experts*

2. **PERSONAL ATHLETE DEVELOPMENT ADVISOR**

The Athlete Development Advisor (ADA) is assigned to your athlete when they join the Edge Program and will continue to be committed to your athlete's development and success until they graduate from the club program. The player development advisor will work alongside your athlete's coaches, performance training staff, nutritionist and evaluation staff to develop a comprehensive training plan specifically for your individual athlete. The ADA will advise their players and hold them accountable to the strategy and training plan through quarterly progress meetings.

3. **MENTAL TRAINING AND DEVELOPMENT**

Even the strongest athletes can benefit from mental training and preparedness. The Edge Academy enlists professionals that have developed a comprehensive framework for mental training. Mental preparedness involves learning about managing

performance, competition, success, and failure in the healthiest way possible. By adopting strong mental strategies, athletes lay the foundation to pursue their athletic and life goals from a healthy starting point.

4. RECRUITING

- a. Athletic Resume Template.
- b. Email distribution of resume to college and university coaches.
- c. Continued email and phone contact with coaches.
- d. Resume distributed prior to all tournaments with scheduled playing time.
- e. During tournament conversations, meetings and follow-up with coaches.
- f. Continued support on how to market and when to communicate with coaches.
- g. Assistance with unofficial and official visits.
- h. Assistance with SAT/ACT reminders.
- i. Personal Counseling with parents/athlete.
- j. Prep / Max Preps / Local News updates.
- k. Added to JJVA webpage for recruiting

iii. EVALUATION

1. VIDEO REPLAY STUDY AND ANALYSIS
2. DEFINED METRICS WITH ONGOING EVALUATION AND PLANNING

iv. WHOLE ATHLETE WELLNESS PROGRAM

1. NUTRITIONIST
 - a. Individual nutrition planning
 - b. Health Checks
2. SPORTS PSYCHOLOGIST (LECTURES AND ADVISING)

3. FULL TIME ACADEMY INCLUDES:

Academics

- Dedicated Academic Space for School work
- Defined Time Slots to Complete School Work
- Licensed Teacher to Proctor and Assist students when needed
- Individual Academic Advisor
- ACT/SAT Prep Class (when applicable)

Training

- Private 1-on-1 training
- Group Skill Training
- Team Training
- Weight Training
- Sports Performance and Agility
- Player Development Coach
 - Outlines Training plan specific to your athlete

Additional Training Included in Fee

- Can Attend any skills camps held at JJVA
- Can attend any evening skills sessions at JJVA

Evaluation

- Video Replay Study and analysis
- Defined Metrics with ongoing evaluation and planning

Whole Athlete Wellness Program

- Nutritionist
 - Individual nutrition planning
 - Health Checks
- Sports Psychologist (Mental Training)

Recruiting (if Applicable)

- Recruiting Services
- JJVA College Combine
- Recruiting Video Services

4. ACADEMY PRICING:

Items included in Academy Fee (\$10,800/Year)

- Licensed School Proctor
- Academy Training and Advising
- Nutrition and Wellness
- Academy Uniforms
- Lunches
- JJVA Season Pass (Entry Pass To all Home Events)
- Team Building activities
- Milestone Celebrations

Add On Items

- International Trip

Not Included:

- Club Team Fees
- Club Team Uniforms

5. TENTATIVE ACADEMY SCHEDULE 2020 -2021

Full Time Academy (Youth)

August 17th-21st, 19th-22th, 24th-28th, Aug 31st – Sept 2 - (Training, no school)

Sept 3rd-4th Pre-Planning Day for Proctors & Teachers

Sept 8th Students Report

October 29th First Quarter Ends (First Advisory Eval)

November 11th Veterans Day (Training Day Only, No School)

November 18th JJVA club Season Starts (TENT)

December 21st – January 3rd Christmas Break

January 20th MLK OFF (Staff Planning)

January 21st Second Quarter Ends (Second Advisory Eval)

February 15th Presidents Day (Players Off)

March 25th Third Quarter Ends (Third Advisory Eval)

April 2nd - 11^h Spring Break/Easter Break (No School, Training Only)

June 2nd - 4th End of 4th Quarter & Academic Year (3rd & 4th Fourth Advisory Eval)

*Weather Days TBD

Summer

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