



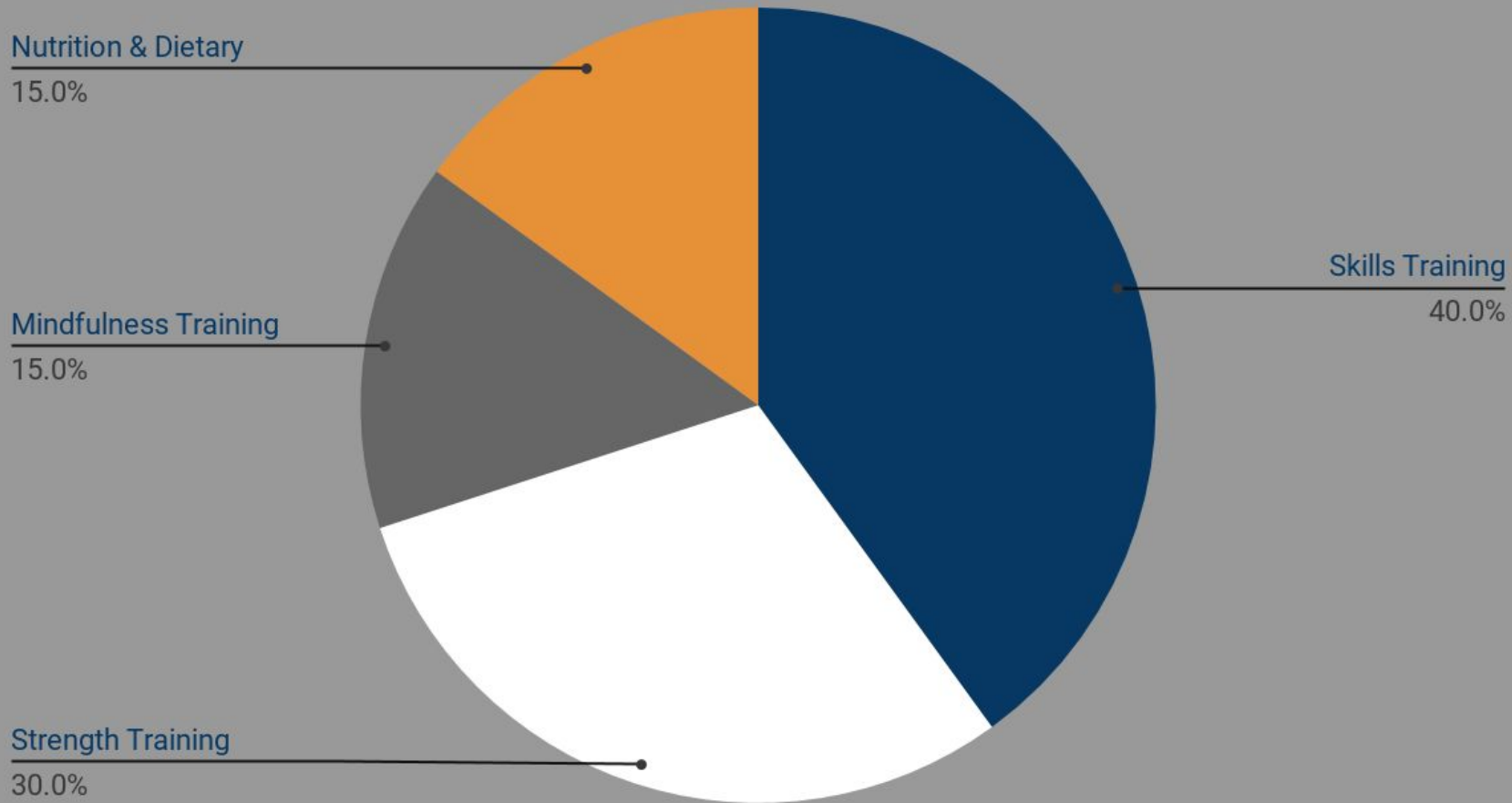
Grand River Academy

Eagles Sports & Performance Program

What is the Eagles Sports & Performance Program?

- The Eagles Sports & Performance Program (ESP) is a comprehensive athletic and training program that is seamlessly built into the Academic and Student Life schedule at GRA
- ESP is designed to support the serious student-athlete who has an intense passion for achieving his full potential in a particular sport
- Training in ESP is sport specific; meaning each athlete will have a tailored program to meet the demands of his sport to achieve the maximum level of success
- Each athlete's 9-month training program is intentionally designed to optimize the development of the TOTAL ATHLETE. Our wholistic and proven training system addresses 4 key areas:
 - Skill Development
 - Strength Training
 - Mental Training (Mindfulness)
 - Nutrition-Based Education
- The advanced training systems used by our athletes are the same ones that have helped Olympic Medalists, College All-Americans, and Elite Professional athletes elevate their games to levels that are exceedingly above and beyond all expectations

Four Training Components



1. Skills Training

- This primary component involves intense, focused training sessions of individualized skill development with a focus on improving core areas that are considered fundamental aspects of that particular sport.
- The key skills will vary from sport to sport, yet some will overlap (i.e. Footwork and Range of Motion).
- The Skills Training component will always be executed individually or in small groups to insure a maximum level of improvement. When necessary, many athletes will be required to do additional work with a coach outside of the normal program routine.

2. Strength Training

- Strength Training will focus on maximizing Core Strength, expanding Flexibility/Mobility, accelerating Movement Patterns, optimizing the Body's Energy Systems, assessing Nutritional Intake, and analyzing Mental Preparedness.
- Introduce and implement proven off-the-field training methods which guarantee the evolution of each player's performance on the field.
- Proper strength training is proven to dramatically decrease the likelihood of on-field injuries. **Prevention is Always our Best Treatment.**
- This component will offer a "Total Performance Education" on how to properly prepare your body to practice and play at its highest level.

3. Mental Training (Mindfulness)

- A heavy emphasis during each athlete's 9-month program is placed on developing innate abilities to visualize, focus, and mentally conceptualize successful performances. This is necessary for successful outcomes of both game and practice.
- Above and beyond the physical outcomes, it is important that each athlete realizes the importance of the mind and inner discipline as a means to producing a positive physical outcome. Mental Conditioning and Mindfulness are generally the most heavily ignored aspect of an athlete's preparation within all sports.
- At Grand River Academy, all of our Coaches, Teachers, and Trainers will maximize your growth as a student and athlete both mentally and physically (inside and out).

3. Mental Training (Mindfulness)

Mental Training involves a dynamic process of learning about oneself and mental skills techniques, integrating and applying the new knowledge and techniques into one's training and performance, and refining and maintaining the application of those skills for goal achievement. Mental Training provides athletes with a broad foundation of mental skills principles and techniques that can help them gain better control over their thoughts and behaviors, improve their performance, and continue to pursue their athletic goals. The EAGLES SPORTS CLUB's Performance Model is based on a dynamic, collaborative process of education, application, and integration through an approach that includes elements of preparation, energy regulation, thought regulation, group dynamic, and performance management.



Performance Consulting Approach

Preparation

Self-Awareness

Attitude

Motivation

Goal Setting

Energy Regulation

Relaxation

Activation

Thought Regulation

Confidence

Concentration

Perspective &
Composure

Group Dynamics

Team Cohesion

Communication

Conflict
Resolution

Leadership

Performance Management

Mental Game
Plans

Performance
Routines

Contingency
Planning

Evaluation &
Adaptation

4. Diet & Nutrition Education

- This component is delivered through an educational series that focuses on the dietary needs of serious focused athletes.
- Individual assessments and meal plans are developed based on individual needs and sports.
- Each athlete's educational series will highlight the importance of correct and informed lifestyle decisions - Positive Food Choices.
- The ESP Program philosophy is: "Promote Optimal Wellness through Healthy Choices".

Thank You for Considering Grand River Academy

- Grand River Academy's robust and individualized academic curriculum guarantees you the opportunity to exceed your Academic Goals. Simultaneously, the Eagles Sports & Performance Program guarantees you the opportunity to exceed your Athletic Goals.
- The Eagles Sports & Performance Program and your GRA Sport Program are ready to deliver a superior experience in sports training that exceeds anything you have experienced.
- The Eagles Sports & Performance Program promises to maximize your level of improvement at an accelerated pace. Our goal is to "PERFECT YOUR PERFORMANCE" on the court, on the field, or on the pitch.
- We look forward to having you join our GRA community for the 2020-2021 school year!
- Grand River Academy truly is a place where you will ACTIVATE YOUR POTENTIAL by CHANGING YOUR ENVIRONMENT!

Go Eagles!



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