

STRIVE FOR STUDENT ATHLETES

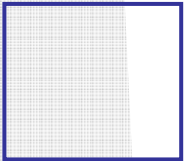
Our Mission is to influence positive change amongst today's youth. Our goal is to provide mentoring, academic support, sports-specific training, speed, strength, agility training, and college preparatory.

At S.S.A., we want to be the resource for student athletes progressing to college.

We strive to help the student's dream a reality!

Strive for Student Athletes

9201 30th Ave North
New Hope, MN 55427
Phone (952)454-8043
www.striveforstudentathletes.com



Educational, Athletic &
Mentoring Basketball Camp

*Our Mission is to influence positive change
amongst today's youth....*

8-Week Training Session (24 Sessions; 3 times a week) for 9th – 12th Graders

Sport: **Girls' and Boys' Basketball**

Dates: **September 14, 2010 – November 6, 2010**

(*Train up till the start of the 2010-2011 Basketball Season)

Program Site: Velocity Sports Performance
8900 109th Ave North Suite 700
Champlin, MN 55316

Sample Schedule

(Days and Times are subject to change)

Tuesdays:

3:30–4:30	Velocity Sports Performance
4:30–5:30	Sports-Specific Training (basketball)
5:45–6:45	Academic Support

Thursdays:

3:30–4:30	Velocity Sports Performance
4:30–5:30	Sports-Specific Training (basketball)
5:45–6:45	College Preparatory

Saturdays:

8:00–9:00	Velocity Sports Performance
9:00–10:00	Sports Specific Training (basketball)
10:00–11:00	Academic Support

Session Overview

Speed, Strength, & Agility Sessions (Velocity)

The opportunity to improve speed, agility, mobility and flexibility, strength, explosiveness and energy system development—all while reducing the risk of sports-related injuries.

Sport Specific Sessions:

Our goal is to provide an opportunity for young athletes to focus on developing the Fundamental skills necessary to excel in their sport.

Academic Support:

Athletes will learn the importance of academics, and the role it plays on athletes. An academic assessment will be performed to assess the student-athletes abilities. Lessons are based on the Minnesota State Standards (focus in Math, Reading, and Writing). Other areas of emphasis are: Time Management, Organizational Skills, and Study Skills.

College Preparatory Sessions:

Student Athletes will be creating a college portfolio which will include a Letter of Introduction, Resume, Letters of Recommendation, and Student Work. Student Athletes will learn how to select the appropriate college and finally develop a student athlete profile for college recruiting.

Mentoring Sessions:

The mission is to build competitive greatness through the use of the Pyramid of Success. Student Athletes will learn to build their confidence, skills, and self control through easy one-on-one and group activities.



SSA in a joint partnership with Velocity Sports Performance, and a caring Educational Staff offering a **Total Solution** for the Student Athlete, combining Educational Support & Guidance with Athletic Training & Assessment.

For information & registration, please contact:

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