

WE LEAD SPORTS PROGRAMS

Building characters and empowering youths to rise above adversity and score high in all greas of their lives.

SPORT

We provide year-round quality tennis instruction to create a well-rounded playe Our flexible one-on-one or group lesson allows our participants to understand the fundamentals of the sport, become more comfortable on the court, work on their techniques, tactics, and improve their physical strengths.

Through partnerships, we work with organizations to provide Soccer, Softbal Yoga, and other fun summer activities to

LEADERSHIP =

Go Girl Go Curriculum

GoGirlGol builds healthy, active and confident girls.. The Women's Sports Foundation's GoGirlGol curriculum focuses on improving the social and emotional health and well-being of girls by combining sports and physical activity leadership, and education. Each lesson is designed to increase self-worth, build confidence, and lower stress in our participants.

The connection our students make while participating in this program helps their mental development and teaches them ways of overcoming challenges as a group.

Boys 2 MENtors Curriculum

50 interactive sessions that address emotional learning, leadership, and Common Core standards and that provide opportunities to link to the s day curriculum.

COLLEGE READINESS

COLLEGE READY RECRUIT (Grades 9th to 12th)

Prepare For College | Develop Mental Strength | Secure Scholarships

This virtual course provides parents/guardians of high school athletes with effective engagement and empowerment techniques to successfully navigate their children through high school; utilizing sports and other extracurricular activities to help them gair confidence, stay active, stay focused and prepare for college.

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