

OUR GOAL

Elevate your impact this summer by joining our Collaborative Summer Enrichment Experience — where athletics, academics, nutrition, and mental health come together to prepare the next generation of student-athletes.

Our goal is to empower rising 5th–8th grade students through mentorship, movement, and mastery—while supporting local high school sports programs with valuable resources and community partnerships.



CONNECT HERE

or Scan



(727) 435-7969

steamaacademy.org

support@steamaacademy.org

813-401-4955

realfoodfirst.org

eat@realfoodfirst.org



GAME PLAN ACADMHEY

Fuel the Mind. Feed the Body. Build the Future.

**REAL FOOD
FIRST**

STEAMA
Science Technology Engineering Fine Arts Mathematics Athletics

Education Without Boundaries

ABOUT US

Game Plan Academy is a dynamic summer enrichment experience that combines athletics, academics, food, and mental health to help students perform at their highest potential—on the field, in the classroom, and in life.

Created through a powerful collaboration between I&I International, Real Food First, and STEAMA Academy, this program builds a bridge between education, health, and athletics to prepare the next generation of global leaders and community changemakers.



HOW IT WORKS

- High school athletic teams will have the opportunity to coach and mentor younger students in their sport of choice during our summer sessions.
- This hands-on experience builds leadership, teamwork, and purpose while giving athletes a chance to invest back into their communities.

Proceeds raised directly support your **high school's athletic department**, helping to fund equipment, travel, and program expansion.

WHY IT MATTERS

Academy isn't just a summer program—it's a pipeline for purpose.

It unites schools, families, and communities around a shared mission: to educate, empower, and employ our youth through athletics, academics, and holistic wellness.

WHAT TO EXPECT

- **Coaching Leadership:** High school athletes will mentor rising 5th–8th graders, building confidence, sportsmanship, and teamwork.
- **Academics & Mental Health:** Students will engage in academic acceleration, leadership development, and emotional wellness activities that strengthen focus and resilience.
- **Food & Nutrition:** Real Food First teaches student-athletes—through math and science-based labs—how to fuel their performance and their lives through healthy eating habits and hands-on nutrition experiences.
- **Fitness & Career Development:** Every session emphasizes strength, endurance, and exposure to career pathways in sports medicine, coaching, nutrition, and entrepreneurship.

