

A 12-Month Holistic Development Curriculum

Our program is structured around four quarters, each building on the last — from foundational discipline to community leadership.



Quarter 1 (Months 1-3)
**The Foundation - Discipline,
Respect, Kinetic Awareness**



Quarter 2 (Months 4-6)
**The Process - Strategic
Thinking, Problem Solving**



Quarter 3 (Months 7-9)
**The Engine - Resilience,
Nutrition, Mental Fortitude**



Quarter 4 (Months 10-12)
**Leadership and Mastery
- Accountability,
Community Impact**