

AQ CLIFF NOTES • THE UNIVERSAL ATHLETE & SPORTS TOOLKIT

The AQ Athlete Experience that every Parent and Coach wants, “Lives Here!”

ATHLETES' PARTNER

PARENTS' PARTNER

COACHES' PARTNER

FANS' GREATEST PARTNER

AQ is the athlete's partner on and off the field. This way every one of us is a fully informed, has a clear expectation about what makes a great athletic experience, does our job to the best of our ability, and gets out of sports what we all hoped would happen but rarely does: Let the sports experience build skills that mature adults need to compete in life, in every arena, and for a lifetime.

You were given a gift. This page is about honoring it. The elite athlete has one primary goal: find a healthy preparation and performance environment that lets them stay elite and compete at the elite level as long as they can — physically, mentally, emotionally, and spiritually. You can't control every room you train in. You can control what you know, what you ask, and how you prepare.

THE TWO LEARNING CURVES NOBODY TALKS ABOUT

Learning Curve 1 • The Environment

Sports scientists say it takes 8 to 12 years for a motivated, talented athlete to reach elite status. Nobody chooses a sport hoping to be a dud. But while athletes carve out time to build elite skills, nobody tells them that the environment around them may or may not understand the biology, psychology, methodology, and chronology it takes to build a healthy preparation and competition environment — and too often it doesn't, until it's too late.

Learning Curve 2 • The Growing Years

Athletes are asked to reach elite status during the greatest physical growth, maturity, and mental and emotional change of their lives. Around Peak Height Velocity, bone length outpaces bone density, making it the highest stress-fracture-risk window of development. The adults in charge are almost never taught how to prepare an athlete for it.

Perception or Reality? Sports are games of failure, performed primarily in unhealthy preparation and competition environments, managed by well-meaning parents and coaches who teach from outdated toolkits full of misinformation and missing information — and our athletes are asked to thrive anyway. Perception or Reality: AQ exists to change both.

WHAT THE SCIENCE SAYS

70%

of kids quit organized sport by age 13

8–12 yrs

for a talented, motivated athlete to reach elite status

~12 • ~14

average Peak Height Velocity for girls • boys

Why kids say they quit — Top Five, Michigan State University Institute for the Study of Youth Sports: **1** Lost interest **2** Not having fun **3** Took too much time **4** Too much pressure (#1 Source: Parents) **5** Coach was a poor teacher

Every one of the five is about the environment around the athlete — which means every one of them can be changed.

Why this matters to you

If the environment around **you** isn't healthy, is full of misinformation, or simply doesn't have aspiring-elite-level coaching yet, the person who has to take responsibility for your development is **you**. Knowing these questions — and their answers — puts **you** in the driver's seat.

THE QUESTION BEHIND EVERY PAGE

Who is responsible for taking athlete development to the next level — and how do we inform, inspire, and instruct our athletes to go from where they are to where they need and want to be, especially when these athletes are our kids?



THE 10 MOST PRESSING QUESTIONS EVERY ATHLETE SHOULD ASK THEMSELVES

Your answers are your pathway.

Each answer points to where it lives in the AQ curriculum — and every one of them is taught at the Gateway Symposium & Player Clinic.

- | | |
|---|---|
| 01 Do I know which Window of Trainability I'm standing in right now — and what my body is built to develop in it?
→ Windows of Trainability · Assess First, Train Second | 02 Do I know my own numbers — speed, balance, symmetry, movement — and how they've changed since my last test?
→ AQ Assessment Battery · retest every 8 weeks |
| 03 Is my body growing faster than my strength right now — and does anyone around me know how to train me through it?
→ Peak Height Velocity · ~12 for girls, ~14 for boys | 04 Am I building all Four Legs — Mechanics, Functional Strength and Symmetry, Nutritional Fuel, and Mental Emotional — or just the one everybody can see?
→ The Four Legs of the Elite Athlete Training Table |
| 05 Am I practicing like it's a game, or repeating drills that only look good in practice?
→ Motor-learning research: varied, game-like practice transfers best | 06 Do I fuel, hydrate, and sleep like an athlete seven days a week — or only on game day?
→ 8–10 hours of sleep · a 2% water loss costs 6–10% of power |
| 07 When I fail, do I have a plan to reset in 90 seconds and learn from it?
→ Breathe · Release · Refocus — failure is information | 08 Do I tell the truth about my effort and my pain — to my coach, my parents, and myself?
→ The athlete's side of the deal · pain stops everything |
| 09 Is the environment I train in healthy — and how would I know if it isn't?
→ Healthy vs. unhealthy environments · the AQ Player's Bill of Rights | 10 Could I teach what I've learned to the next athlete — and do I dream of coaching or mentoring someday?
→ Box 3 of the Ready Student Cycle · Phase 6, Active for Life |

Who is responsible?

You are — with partners. AQ informs, instructs, and inspires; your parents and coach's provide valuable support; but **you** own the work. Master it, then teach every athlete in your circle. That's how a playing career becomes a coaching ministry for the next generation.

WRITE IT DOWN — THE THREE QUESTIONS I NEED ANSWERED FIRST

1. _____
2. _____
3. _____

One roof. One language. Backed by science.

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