



<p style="text-align: center;">PHYSICAL</p> <ul style="list-style-type: none"> • Through consistent macrocycles with rest periods • Competitive season indoor and outdoor • We acquire fitness experts in the winter months 	<p style="text-align: center;">MENTAL</p> <ul style="list-style-type: none"> • Players mentally is one shaped around the academy goals • Goals are to use the sport direction in life • Players are encouraged to attend annual Workshops on how to obtain scholarships and life skills • There is a showcase program that their games are posted on YouTube. Chantilly gives opportunity for players to make highlight tapes. • Players are also told relative dates for SAT, ACT and Canadian School deadlines in advanced • Nutritional Classes are added from an expert.
<p style="text-align: center;">TECHNICAL/TACTICAL</p> <ul style="list-style-type: none"> • Technical/Tactical is completed within the megacycle. • The technical is divided into 4 segments throughout the winter. • As we go outside and have space, we focus on the Tactical aspects of the game. • In both seasons, Technical/Tactical are maintained within the Micro cycle 	<p style="text-align: center;">SOCIAL/EMOTIONAL</p> <ul style="list-style-type: none"> • The academy has guest & motivation speeches from former athletes as well as current professionals. • LTPD is our model for the noncompetitive ages. This ensures there is the right environment for learning.