



12 Month Training Plan

Q&A

Q: Is the start date of the 12 month plan flexible?

A: Yes. We train year-round so we can accommodate a start date at any point in the calendar year.

Q: Is it really feasible from a time/scheduling perspective to do all of the programs that are offered in the 12 month plan?

A: Yes. Each 12 month plan will be tailored to the individual athlete. We discuss all the options at one-on-one meetings with parents and players. The program will be customized to your athlete's interests and training needs.

Q: What is the overall goal with the 12 month training program? How many Academy teams will there be at each level?

A: Our overall goal with this 12 month program is training and the consistent improvement of each player, regardless of where they are in their journey. We will put players in the position to succeed while maintaining a competitive atmosphere. Athletes who are ready to be showcased will be invited to attend showcase tournaments and be given the opportunity to stand out to college coaches in a positive light. Those who aren't quite ready for the collegiate spotlight will get their game experiences elsewhere, all while continuing to grow and advance. Everyone will play. To get more information, please schedule your one on one meeting.

Q: Can I just sign up to play on the team and maybe one off-season program?

A: Yes.

Q: Do I have the option of taking a month or two off?

A: Yes.