

**A**THLETES **L**EARNING **P**OSITIVE *and* **H**EALTHY **A**TTITUDES



**I**NDIVIDUAL **E**XCELLENCE | **C**HARACTER **D**EVELOPMENT

ALPHA instills confidence through mindset development and **physical fitness infused with leadership training.**

A L P H A



INTRODUCE STUDENTS TO TEAM BUILDING EXERCISES



TEACH THE IMPORTANCE OF FITNESS, AND HOW GOOD HEALTH CLOSELY RELATES WITH CONFIDENCE



CREATE AN ENVIRONMENT WHERE PARTICIPANTS LEARN TO DEAL WITH CHALLENGES IN STRESSFUL SITUATIONS



OVERCOME PERSONAL AND TEAM OBSTACLES TO COMPLETE A TASK



TEACH STUDENTS THAT THEIR ACTIONS AFFECT OTHERS – FOCUS ON BEING RESPONSIBLE AND ACCOUNTABLE



# ALPHA's Purpose

*Athletes Learning Positive and Healthy Attitudes* – **ALPHA** – is ever-changing; adapting and fluctuating for the participants. Every adolescent or child goes through a time of uncertainty – and every adolescent is different. It is the purpose of ALPHA to **instill confidence through mindset development and physical fitness infused with leadership training**, ALPHA teaches young adults how to be comfortable with who they are with the capability to lead and communicate.

The exercises themselves are both **physical and mental**, allowing the participants to build trust and gain confidence. Our course will cover **confidence, communication, and teamwork**. Each group/class exercise will have an element, or combination, of these three factors.

The participants will NEVER be put in dangerous or harmful situations. Every exercise is optional – if a student feels uncomfortable for any reason he/she does not have to participate and will in turn be given a modified exercise.

ALPHA

CONFIDENCE | COMMUNICATION | TEAMWORK

INSTRUCTOR MISSION STATEMENT:

I, as an ALPHA Instructor, strive to empower athletes of all ages and abilities with Full Circle Development. I believe in individual excellence and elevating human character. I will facilitate and lead an athlete through their development process, forging their character with positivity and resilience to effectively lead themselves and others to achieve their highest goals. I value: family, perseverance, integrity, accountability, balance, courage and humility.

RESPECT | COMMUNICATION | EMPATHY | SELF CONTROL | CONFIDENCE WITH PEERS | LEADERSHIP STYLES | ACCOUNTABILITY | SELF DIRECTION  
RESPONSIBILITY | UNDERSTANDING | UNITY



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**alpha@sportsacademy.us**