

**A**thletic Excellence is a special program which addresses a full spectrum of concerns, needs and opportunities which are unique to the high school student athlete. It is meant to provide the strong base and structure necessary for the greatest possible experience and achievement an individual can have as a result of participating in high school sports.

**T**he program has been especially designed for schools and athletic programs which have a strong vision and commitment to overall excellence in terms of both athletics and holistic development for their young people. It has been created to complement existing programs and can be implemented at a variety of levels and degrees of participation for individual athletes, teams, coaches, trainers and parents.

## Athletic Excellence

- Physical Preparation
  - Total Training for Fitness and Athleticism
  - Overall Health Culture
  - Injury Prevention
- Mental, Emotional and Spiritual Aspects of Sports Competition and Training
- Qualities of Great Performers and Teams
- Life's Lessons Learned Through Sports
- Personal Growth and Character Development
- Schoolwork Success and Career Preparation
- Elite Athletes
- Speakers Bureau
- Parent Participation (by request only)



**Also available  
Athletic Excellence  
Programs for College,  
Olympic and  
Professional  
Athletes**

**For Further Information  
Contact Great Aspirations  
at 914-384-1288**

### About the Program Director

Jay Etzel, M.Ed

Mr. Etzel has extensive experience working with high school students including teaching, coaching, counseling and fitness instruction. He is the creator of "Life Energy" - a comprehensive health program, and sponsors seminars relating to health and wellness for audience of all ages

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*"Pursuing the  
greatest experience  
in sports  
and life"*



# Athletic Excellence™

## A Multidimensional Program for High School Athletes

Created by Jay Etzel, M.Ed.

■ High School ■ College ■ Olympic ■ Professional

# PROGRAM OVERVIEW

## Physical Preparation

### PART 1: TOTAL TRAINING FOR FITNESS AND ATHLETICISM

In order to play at high levels of competition, one must be physically trained in the whole body in order to meet the demands and stress which are placed on an individual as a result of sport's unique type of rigorous activity.

- Power, speed, strength and endurance
- Coordination, movement and flexibility
- Body symmetry, balance and gracefulness
- Value of cross training
- Sport specific workouts
- Develop challenging, fun and creative workouts
- Periodizational training
- Multiple sport participants
- Game simulation – workouts and training

... and more

### PART 2: OVERALL HEALTH CULTURE

Young people, including the finest of athletes often have poor overall health habits despite the fact that the basics of health are fundamental to all life and activity.

By developing a full spectrum of correct living habits, one can dramatically improve his overall health, energy and athletic performance. Moreover, young men and women will gain an immense appreciation for the gift of health and be motivated to establish a lifelong commitment to maintaining fitness.

- The natural activity of the body – growth, development and creation of energy
- Premium nutrition – a comprehensive overview of food and its relationship to health and activity, value of real food vs. junk food
- Revitalization – the recuperative values of sleep and rest
- Benefits of fresh air and sunshine
- Prevention of common illnesses and major diseases (from colds to cancer)
- Damaging effects of alcohol and drug use
- Overcoming and preventing addictions
- Dangers of steroids and various growth enhancement products
- Environmental factors relating to health

... and more

### PART 3: INJURY PREVENTION

Injuries continue to proliferate in all higher levels of athletics. Many of these injuries are serious enough to cause permanent damage.

Due to the developmental dynamics of teenagers, they are especially prone to a variety of injuries and therefore require extra special attention, education and training in order to safeguard both their short and long term functional abilities.

- Learn to “listen” to the body and discern its specific needs
- Understand the body's natural healing and recovery system
- Overcome existing injuries
- Avoid turning small minor injuries into major ones
- Balance activity with rest (when to push on and when to lay off)
- The role of pain, purpose and response
- Essential care for
  - Head
  - Neck
  - Spine
  - Knees
  - Ankles
  - Tendons and Ligaments

... and more

## Mental, Emotional and Spiritual Aspects of Sports, Competition and Training

The most underrated areas in athletics both in terms of performance and the quality experience is that of the mind and emotions. By understanding the mental and spiritual qualities of athletics, individuals and teams can excel in ways which were impossible before.

- Gain a balanced perspective of sports
- The art of enjoyment
- Diminish anxiety
- Staying in a state of flow for peak performances
- Understand the mind/body connection and its relation to activity
- Overcome various mental blocks associated with underachievement
- Learn how to thrive under pressure
- Play and practice for the love of the game
- How to become a smart, thinking player
- Dealing with success and the pressure to win
- Dealing with apparent failure
- Psychology of winning
- Use emotion to play with heart and soul
- How to always have a positive performance (despite the outcome)

... and more

## Qualities of Great Performers and Teams

By learning the attributes of great performers and teams, young athletes will have clear examples of how to execute well in a variety of situations.

- Profiles of the 20th and 21st centuries greatest athletes
- Profiles of great team performances
- How underdogs win
- Greatest comebacks – individuals and teams
- Commonalities and attributes of clutch athletes
- Testimonies of great athletes and their faith
- The power of motivation and desire

... and more

## Life's Lessons Through Sports

The most vital and lasting rewards of participating in high school athletics are the relationships developed and the lessons learned which far transcend the sport itself.

- Purpose and history of sport
- The synergy of teamwork
- True sportsmanship
- Goal setting and achievement
- Perseverance – overcoming obstacles
- Work and play under authority – relating to the coach
- Respect for officials
- Working hard and playing within the context of rules
- Appreciation for high school sports
- Getting the big picture

... and more

## Personal Growth and Character Development

One's behavior off the field has far more influence on his life and consequently his athletic potential than does the comparatively little time spent in team practice and games. Athletes represent their school to the outside community and therefore need to be held to high standards as well as be encouraged to grow personally into balanced whole individuals.

- Appreciation and respect for the gift of life
- Take responsibility for the core areas of your life – mind, body and spirit
- Dealing with peer pressure – drugs, alcohol and sex
- Athletes as leaders in and out of school
- Popularity and sports
- Importance of being a well-rounded person
- How faith can give you purpose and joy

... and more

## Schoolwork Success and Career Preparation

Some of the best athletes miss out on their opportunity to perform due to underachievement academically. By ensuring that students are fully meeting their responsibilities in the classroom they will be assured of having greater opportunities open to them both now and in the future.

- The value of education
- How to stay ahead in academics
- Comprehensive study skills program
- Time management for busy individuals
- How to select the right college
- Profiles of scholar-athletes
- Life outside of athletics
- The connection between athletics and a successful career

... and more

## Elite Athletes

A specialized program is available to work with athletes who have been identified as having outstanding talent, capabilities or determination in order to afford them the greatest opportunity to actualize their potential.

## Speakers Bureau

Dynamic and knowledgeable speakers are available to instruct and motivate young athletes in related areas presented throughout Athletic Excellence.

## Parent Participation *(by request only)*

Parental involvement in school athletics is a great way to further support the central role that parents ply in the lives of their children. Parents can also be huge asset to the school community through their efforts.

- Comprehensive health and wellness seminar
- Nutrition – how to improve the home training table
- Parenting a high school prospect (attitude, scouts, college)
- Communication with coaches
- How to support the athletic department
- Spectating
- Booster clubs
- Academic expectations
- Setting and maintaining standards

... and more