

Dear Parent/Guardian,

Welcome to our mentoring clinics that seek to develop young athletes in life education through physical fitness. The mission of our program is to develop character by focusing on conditioning of the body, mind, and emotions as described below:

1. Conditioning of the body: develop strength, flexibility, endurance, and overall wellbeing.
2. Conditioning of the mind: improve life disciplines, attitudes and develop a growth mind set.
3. Conditioning of the emotions: develop emotional competencies using faith-based principals.

Our approach is a combination of one-hour training and one-hour class session on the subject of the week. Our first session begins with personal leadership, and after the sixth session a complimentary financial workshop on money principals such as budgeting, savings and investing. Please be informed that the first one-hour training is high impact and it is expected to challenge the athletes to the maximum. If there are health challenges, please submit a medical notice. Additional wrap around services will also be available as individualized plans in character growth and development.

The cost for registration per applicant is **\$60.00**, and **\$10.00** per session (6 sessions per clinic). **Registration discount for each additional applicant is \$40.00, and \$ 10.00 per session (6 session per clinic, accepting 5th and above).** Upon completing the application and registration process, you will be notified on the dates of the sessions and all the necessary information. You can complete the process online or you can present your application and payment at the first session.

Kindly join us in building real champions who have character as the foundation for talents and skills.

Sincerely,



Dennis M.
Mentor/Coach
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