

What courses will be taught for the Peak Performance Program?

To improve mental strength, students will be taking two UC/CSU A-G approved classes (10 credits total): Ambassadors of Compassion LIFE or RISE and Career Technical Education (CTE) Sports Psychology A.

1. **Ambassadors of Compassion (AOC) LIFE or RISE** classes help student athletes to identify and overcome various challenges they face in life. It equips students with tools to navigate and succeed through life's inevitable challenges. As a result, students are more resilient which helps increase performance both on and off the field. [Learn more.](#)
2. **CTE Sports Psychology** A course prepares students in identifying psychological factors that promote peak physical performance and those that can hinder sports performance. An initial class in the Sports Medicine CTE pathway, students who take this course will walk away with real world application and skills they can use immediately to improve their game. [Learn more.](#)

What enrichment will students participate in?

- The EAA Peak Performance program believes in high-quality enrichment.
- Guest speakers, including college coaches, college recruiters and professional athletes
- Our exciting partnership with [Whoop](#)* for personal fitness and health
* Parents must sign permission for children 14-18 to participate in Whoop
- In-person testing event to determine athletic ability and celebrate completion of the program. All metrics will be aligned to a nationally recognized standard and will directly inform student athletes and parents as to their current athletic ability as well as a plan to improve their collegiate standing.

Don't miss this exciting opportunity to help young athletes reach their Peak Performance!

For Questions please call:

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