

WEBINAR PREVIEW

**ATHLETE
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1

NAVIGATING THE ROAD OF RECRUITING

1. Questions every student athlete and their parents should be asking.
2. Expectations vs. Reality
3. Committing to more than a coach/program

2

CLEARINGHOUSE CONDENSED

Although every high school should have staff in place to ensure you are on the right path, many times this is not the case. Use our checklist to make sure you are ahead of the academic game! Nobody makes you a priority quite like yourself!



3

INJURY PREVENTION & RECOVERY

The best athletes typically have the best routines when it comes to recovery and preventing injury. Although they are an inevitable part of any game, taking a proactive approach and educating yourself on the most effective ways to rest and recover can reduce your chances of being sidelined due to an injury. This session gives you tips and exercises to maximize your longevity in any sport.

4

COLLEGE PREP & TIME MANAGEMENT

Speak with current student athletes and learn what a typical day in the life is like. There are different schedules for different periods (in season, offseason, breaks, etc.) finding a routine but also being adaptable is crucial. A live Q&A will conclude this workshop for any questions you or your parents may have for the guest student athlete on how to best prepare for the busy lifestyle ahead.

5

TRANSFER PORTAL

Learn how this has changed the landscape for college athletes and what should be considered before entering the portal.



6

Character Development & Networking

This session will be led by a student athlete success coach and will include information and tips to start building healthy friendships and habits to make sure you are your best asset!

7

Self-Assessment & Survey

The final session will use all the information you've gathered throughout the course and use it to determine how prepared you are for the next step in your life as a student athlete.

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