

Impact Athletics Academy Overview

Athlete Driven. Community Supported

Mission:

Impact Athletics Academy is an exclusive program designed to provide fully sponsored athletic and academic support for four select inner-city youth athletes facing financial, logistical, and social barriers. The Academy is committed to bridging the opportunity gap by offering these young athletes the chance to grow intellectually, athletically, and emotionally, preparing them for success in high school and beyond. In a world where access to resources can shape the trajectory of a young person's life, we are not merely offering a program, but a pathway that fosters empowerment and opportunity. We are part of a larger movement that unites the community in support of these athletes, helping them overcome adversity and unlock their fullest potential. Athlete Driven. Community Supported. Together, we open doors to opportunities that others may never have had, creating a future where talent is nurtured, and dreams are realized.

Academy Structure and Purpose

Location:

Nestled inside InFitness Club at 9535 N Meridian Street, the Academy offers a comprehensive, holistic approach to developing youth athletes. As an extension of Impact Athletics, the Academy fully supports underprivileged youth by covering all costs associated with the program selecting athletes who show promise but lack access to high-level training.

Targeted Demographic:

The Academy focuses on athletes from underserved communities who may not have the financial means, parental support for transportation, or time to dedicate to sports. While these athletes may possess natural talent, the Academy provides the guidance, education, and emotional support they need to unlock their full potential.

Educational Support

Indiana Online Connections Academy:

Students will attend Indiana Online Connections Academy, receiving a flexible, personalized educational experience that



ensures academic success. Special attention will be provided through tutoring and individualized academic support to help students maintain high grades during their 7th and 8th grades.

Social Worker Oversight:

A dedicated social worker ensures that each athlete's needs are fully met. This professional plays a critical role in managing the academic, emotional, and logistical aspects of the athlete's development. They collaborate with families, coaches, and educators to provide a safe, structured environment, addressing any barriers to success and ensuring holistic support for each athlete.

Athletic Training – Impact Athletics Development Pillars

Impact Athletics Academy follows the Development Pillars of *Impact Athletics*. We believe in a holistic approach to athletic development, grounded in four key pillars that form the foundation for strength, resilience, and excellence both in sport and life. These principles are fully implemented at Impact Athletics Academy:

1. **Physical Development:** The Foundation of Movement
 2. **Data-Driven Performance:** Precision and Progress
 3. **Mental and Cognitive Optimization:** Elevating the Mind
 4. **Clinical Nutrition and Recovery:** Personalized Care for Optimal Performance
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Emotional and Personal Development

Sports Psychology:

Athletes will meet monthly with a sports psychologist to develop emotional resilience, manage stress, and learn tools to handle the mental pressures of competition. This holistic approach ensures athletes remain emotionally grounded while balancing the demands of both school and sports.

Leadership Development:

As part of their personal growth, athletes at Impact Athletics Academy will have the unique opportunity to engage with local professional athletes. Through mentorship and workshops, athletes will gain valuable insights into what it takes to become a professional athlete, both on and off the field. They will hear firsthand accounts from professionals about the dedication,



discipline, and sacrifices required to reach the highest levels of competition. This experience will provide them with a clear understanding of the pathway to professional sports and what it truly means to succeed in such a demanding career.

Additionally, athletes will meet with former professional athletes or high-level college athletes who transitioned out of sports and into successful careers outside of athletics. Whether due to injury, personal choice, or a natural career shift, these individuals will share their stories and provide guidance on how to navigate life after sports. This aspect of leadership development ensures that athletes understand the importance of having a well-rounded perspective, preparing them for success regardless of whether they pursue a career in professional sports or choose a different path.

By exposing athletes to diverse career journeys, we aim to equip them with the mindset that success is not solely defined by professional sports. This balanced approach helps athletes develop resilience, adaptability, and long-term vision, ensuring they are prepared for a variety of possibilities and empowered to pursue their goals, whether within or beyond athletics.

Pathway to High School and Beyond

Scholarships to Private High Schools:

At the end of their time at Impact Athletics Academy, athletes will receive support in applying to private high schools, with the goal of securing scholarships. The Academy partners with local private schools to ensure athletes have access to high-quality educational opportunities.

Ongoing High School Support:

Upon entering high school, athletes transition to a part-time training schedule, attending training sessions twice a week (subject to their high school schedules). They will continue to receive support from physical therapists and trainers, especially during the off-season, to maintain their athletic development.

Post-High School Support:

Impact Athletics provides guidance for college selection, helping athletes navigate the recruiting process. Families will be supported in selecting the best options based on the athlete's academic and athletic goals. Additionally, Impact will assist athletes pursuing trade school or workforce opportunities, based on the family's preferences and the athlete's aspirations.

We are committed to helping young athletes make informed decisions about their future. While we recognize the allure of professional sports and high-level collegiate athletics, we also understand the importance of having a broader perspective. Injuries can occur, and contracts can fall through, so it's vital not to rely solely on one path. Our goal is to develop confident, successful, well-rounded individuals who are articulate, hardworking, and prepared for any challenges they may face. We



strive to be a supportive partner in their journey, providing guidance to keep them on course as they work toward their ultimate destination.

Injury Prevention, Rehabilitation, and Nutritional Support through *Impact Vital Edge*

Impact Vital Edge is a holistic clinic dedicated to the physical, nutritional, and mental well-being of athletes.

- **Physical Therapy & Injury Prevention:**

The clinic provides expert physical therapy, offering individualized treatment plans for recovery and injury prevention. Athletes are guided back to optimal performance, learning tools to prevent future injuries.

- **Clinical Nutrition Guidance:**

Impact Vital Edge offers clinical dietitians who help athletes meet their specific nutritional needs. These dietitians work with athletes to create customized meal plans that fuel training, promote recovery, and support long-term health. Nutrition plays a vital role in athletic performance, and these services ensure athletes are properly fueled to meet the demands of their sport.

- **Neuro-Sensory Training:**

Neuro-sensory training enhances cognitive function and mental productivity, improving reaction times, focus, and decision-making under pressure. This training prepares athletes to perform both physically and mentally, optimizing brain function alongside physical development.

Community Outreach and Support

Community Engagement:

Athletes will participate in community outreach initiatives, fostering a sense of responsibility and leadership. These activities may include volunteering, 5K fundraisers, and other community events. Engaging with the community helps athletes develop valuable leadership skills while giving back to the communities that support them.

At Impact Athletics Academy, we believe it takes a village to raise a successful athlete and individual. Our motto, "**Athlete Driven. Community Supported.**", reflects our core philosophy. We are committed to creating well-rounded individuals who excel academically, athletically, and emotionally. Through a supportive community and focused development, we ensure that our athletes have the tools they need to succeed both on and off the field.



By offering these comprehensive resources, Impact Athletics Academy seeks to level the playing field for talented athletes who otherwise lack access to high-quality training, education, and personal development.

