



Sports Development & Training Program

Off Season's Sports Development & Training Program is designed for female and male student athletes in Grades 6-8, who want to learn their sport, master fundamental skills, and develop their talent. We focus on developing the student athlete's mental, physical, and spiritual capabilities which elevates their overall growth and performance. Our program provides holistic athletic training, nutrition, education, and personal development. Our dedicated team of experienced and compassionate sports educators, mentors, recruiters, nutritionists, and athletic trainers from [Spectrum Medical](#), [SoVa Fitness](#), and [Off Season](#) work to grow the student athlete through customized development, training, and camps year round!

Program Overview

- Continuous, advanced training and development for female student athletes who want to play college basketball
- Holistic development, training, education, and nutrition plans developed and taught by sports specialists at Spectrum Medical, SoVa Fitness, and Off Season
- Personal and brand identity development for maximum exposure
- College scouting, recruiting, and transfer services

Program Eligibility

- Female & male student athletes
- Grades 6 – 8

Sports Development & Training Program Application & Selection Process

1. Application: Submit program application by December 2, 2024 here:

<https://forms.office.com/r/3upET8tDsC>

2. Athlete & Parent Interviews: Mid-February 2025

3. Program Runs March - August 2025

Apply for the next Warriors-in-Training Program today!