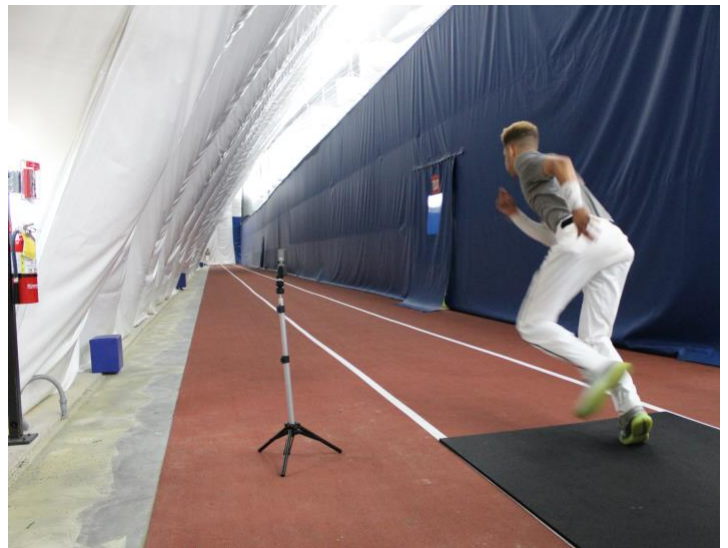


Hilliard Sports Performance
Academy
FAQ's



Hilliard Sports Performance Academy

The Hilliard Sports Performance Academy is designed to propel students to new levels of sports performance and potential career options in sports.

Frequently Asked Questions

What is the Hilliard Sports Performance Academy?

The Hilliard Sports Performance Academy is a collaboration between Hilliard City Schools and Bo Jackson's Elite Sports (BJES) and The Ohio State University Wexner Medical Center Sports Medicine team. BJES will provide sports performance training and instruction on a variety of areas related to sport, nutrition, overall fitness and leadership.

What will the students do at Bo Jackson's Elite Sports?

The students will spend the final hour and a half of their school day at Bo Jackson's Elite Sports (4696 Cosgray Road, Hilliard, Ohio). The curriculum for this program will focus on three major areas of study – Sport Performance, Sport Science and Sport Leadership. The program is built around improving overall health and athleticism and exploring potential career paths in sports.

What are the costs involved in this program?

Students can choose two options for the Sports Performance Academy. The cost for a full year is \$3,600 (180 days @ \$20/day). The cost for one semester is \$1,800 (90 days @ \$20/day). This cost represents premium instruction at the BJES facility and sports performance training specifically designed for students and student athletes.

Are there payment options available?

Yes. Enrollment in this program will require a deposit of \$400 for the full year or \$450 deposit for the semester. The remaining balance will be automatically charged on the 1st of every month for the remainder of the program.

\$3,600 Full Year (paid monthly – \$400 deposit and \$400 mo x 8 months)

\$1,800 First Semester Only (paid monthly – \$450 deposit and \$450 mo x 3 months)

\$1,800 Second Semester Only (paid monthly – \$450 deposit and \$450 mo x 3 months)

*Scholarship available for free and reduced lunch students. Space is limited

What if my child is currently on the free or reduced lunch program at Hilliard Schools?

Thanks to our partnerships and sponsors, we are able to offer this program to students on free and reduced lunches at a significant discount. If you are currently on the free lunch program, this program will be \$900 (\$100/mo) for the year or \$500 for a semester. If you are on a reduced lunch through the schools, this program will be \$1800 (\$200/mo) for the year or \$900 for a semester. You will need to complete the form on our web site to be approved for the free or reduced program. There are a limited number of scholarships available.

My child already plays sports for Hilliard Schools. How will this affect their training with their team?

Our BJES staff will work in conjunction with your child's coach to ensure that their workouts are either in replacement of, or a compliment to their team training schedule. Our team will NOT allow a student to double their workout or do anything that would be in direct conflict with their team training plan.

What if my child plays sports outside of school throughout the school year?

The BJES team will focus on an overall strength, agility and movement program for each student. Our collaboration with each coach for each student athlete will include a plan that does not conflict with their season and training both in-season and out-of-season.

Will this program guarantee better results for a student athlete?

The Hilliard Sports Performance Academy will create a baseline metric for all individual participants and will be retested throughout the program for tracking performance. For student athletes, the program will work in conjunction with their particular sport both in-season and out-of-season. For non-student athletes, the program will be based on increasing overall health and athleticism.

How will you determine the schedule for the students?

Each student will complete an online form which lists their current physical activities outside of this program (team sports for example). We will also request their coaches name and contact information. Once we receive the form, our team will contact their coach to determine the best strategy for their activity in this program.

How will the students be graded?

Each student will complete a student portfolio which will outline their activity. At the end of the program, they will present their portfolio as their evidence of learning. This may also include video and use of an online sports tracking site (for example video of day 1 lifting technique and video of final, improved lifting technique).

What are the transportation options?

Students that are able to arrange their own transportation are welcome to drive to the dome. We are currently working with a potential sponsor to provide shuttle support for those students that need transportation. There will be no bus service for this program. **There will be no school-sponsored transportation for this program.**

Who are the instructors and staff that will work with the students?

A majority of this program will be run by our experienced BJES Sports Performance team. The curriculum will be designed in collaboration with The Ohio State University Wexner Medical Center Sports Medicine team with individual customization by Dr. James Onate. Dr. Onate PhD, ATC, FNATA and Nick Gaujanian CSCS will oversee implementation of training plans and day-to-day instruction. Guest speakers will also be featured to share their expertise on a variety of sports related topics such as nutrition, anatomy, physiology and careers in sport.

Dr. James Onate (Director of Sports Performance)

- PhD, ATC, FNATA joined The Ohio State University faculty in January 2010
- Fellow, National Athletic Trainers' Association, 2012
- PhD. in Human Movement Science, University of North Carolina at Chapel Hill, 2002
- M.A. in Exercise & Sport Science (Athletic Training), University of North Carolina at Chapel Hill, 1997
- B.Ed. in Exercise & Sport Science, University of Florida, 1994
- Dr. Onate has coached several youth travel baseball teams and is currently an assistant varsity high school coach

Nick Gaujanian CSCS (Assistant Director of Sports Performance)

- Started his professional career at Dynamic Athlete Performance in 2012 as Sports Performance Coach.
- While at DAP Gaujanian trained Olympic gold medal figure skaters as well as NFL, NHL, semi pro, college, high school, and youth athletes in numerous sports.
- Nick was an Intern Strength & Conditioning Coach for Football and all Olympic sports at Eastern Michigan University
- Nick spent two years as a Graduate Assistant at Houston Baptist University working with all 17 sports, a NCAA Division 1 Program that competes in the Southland Conference
- CSCS- Certified Strength & Conditioning Specialist
- M.Ed. in Curriculum & Instruction, Houston Baptist University 2017
- B.S. in Exercise Science/Sports Medicine, Eastern Michigan University 2015

Weekly Sample Outline*

Monday - dynamic preparation / core mobility / shoulder stability / core deceleration control

Tuesday - dynamic preparation / core stability / leg strength / glute activation / multidirectional agility

Wednesday - dynamic preparation / foam roller recovery / whole body stretch / power band mobility

Thursday - dynamic preparation / core mobility / lower extremity stability / core acceleration development

Friday - dynamic preparation / core stability / push-pull force development / posterior chain activation / linear acceleration

**This is a sample only. Program may vary depending on activities of student (a student athlete for example)*

Further questions? Please contact Aaron Conrad (aconrad@bjescolumbus.com) of Bo Jackson's Elite Sports or Mark Tremayne (Mark_Tremayne@hboe.org) with Hilliard City Schools.

SPORTS PERFORMANCE AND SCIENCE

Developing students for a healthier tomorrow!

PHILOSOPHY

At BJES we are dedicated to "Training Athletes Inside Out" which speaks to our training philosophy to not only provide skill training, but also develop the whole athlete. We believe "there is an elite performer in all of us" and we are committed to helping each athlete realize his/her path to excellence.

PROGRAM COMPONENTS

The BJES Sport Performance and Science program is designed to propel students to new levels of sports performance and potential career options in sports.

Areas of emphasis:

SPORT PERFORMANCE

- Monday-Friday
- 1.5 Hour Sessions
- 10:1 Staff/Student
- Movement Screening & Testing

SPORT SCIENCE

- Anatomy
- Physiology
- Biomechanics
- Motor learning
- Strength and Conditioning

SPORT LEADERSHIP

- Character Development
- Teamwork
- Mental Toughness
- Cognitive Testing
- Careers in Sport

STUDENT PROFILE



Subject Interest

Students interested in learning about sports management, sports medicine, injury prevention, and performance enhancement ideas for physically active individuals.



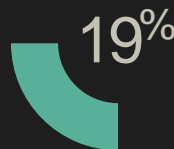
Future Professional Fields

Professional Fields students can pursue include: Strength and Conditioning Specialist, Certified Athletic Trainer, Physical Therapist, Biomechanist, Sports Scientist, Sports Journalist, Sport Executive, and more.



Additional Experiences

Committed student-athletes will have an option for additional sport specific training at an additional cost.



Did you know?
Only 19 percent of all high school students are physically active for 20 minutes or more, five days a week, in physical education classes.

Source: CDC

FEES

\$3,600 Annual / \$1,800 Semester
(Total Cost prior to Sponsorship Opportunities)