



FROM INSPIRATION TO INFRASTRUCTURE

The Student Athlete Advancement Academy™

A Clear Pathway for Student Achievement, Leadership, and Culture Change

Assemblies inspire. Programs engage. **Infrastructure changes culture.**

5A Elite partners with school districts to transform sport and student leadership into **embedded systems** that strengthen academics, wellness, and school culture.

Rather than adding another program, we help schools **build the infrastructure** that allows students, coaches, and families to succeed consistently and sustainably.



WHO IS 5A ELITE?

5A Elite is a **sport-centered systems partner** working alongside schools to align academics, athletics, wellness, and leadership. We do not deliver one-time assemblies or short-term initiatives. We design and install **practical systems** that schools can operate independently once in place.

HOW WE WORK

5A Elite organizes its work through **five Flagship Systems** that address key areas of student development while reinforcing one another. Together, they function as a **connected ecosystem**, not disconnected programs.

OUR BELIEF

Student-athletes already shape school culture.

When provided with the right structure, skills, and accountability, they become:

- **Academic role models**
- **Culture carriers**
- **Peer mentors**
- **Leaders on and off the field**

The challenge is not motivation. The challenge is **having the right systems in place.**

THE 5A FLAGSHIP SYSTEMS

What Are Flagship Systems?

Flagship Systems are school-integrated frameworks that turn best practices into daily routines, leadership roles, and accountability structures.

Each system includes:

- **Student leadership components**
- **Educator and coach support tools**
- **Clear routines and expectations**
- **Measurable outcomes**
- **A pathway from launch to long-term sustainability**

The Five Flagship Systems

- **1. Academic ExtraPoint™**

*Academic Stability, Eligibility & Student Leadership Infrastructure
(Primary Entry System)*

Academic ExtraPoint™ establishes the **academic conditions that govern eligibility, consistency, and credibility** for student-athletes.

The system brings structure to what is often managed reactively by making academic expectations, eligibility status, and follow-through **visible, shared, and non-negotiable** across students, coaches, and school leaders. Instead of chasing grades and eligibility at crisis points, schools operate from clarity and cadence.

Students engage in **peer study cohorts** that normalize preparation and accountability, supported by **Individualized Learning Plans**, executive function routines, and **learning identity workshops** that help students understand how they learn, why learning matters, and how their interests connect to future opportunity. Academic progress is mapped against **NCAA eligibility standards and postsecondary requirements**, giving students, families, and coaches a clear, shared understanding of **status, risk, and readiness**.

Why we start here:

When academic conditions are unclear, every other system works harder and delivers less. Academic ExtraPoint™ is the entry point because it creates both the structure and the mindset required for wellness, leadership, and student voice to take hold and last.

2. Coach For Life™

Trauma-Informed Coaching & Leadership Culture System

Coach For Life™ installs shared leadership and life skills routines that help coaches and school staff communicate expectations, respond to stress, and reinforce accountability with consistency.

The system replaces reactive discipline with predictable, trauma-informed life coaching practices that support student effort and follow-through across teams.

3. HealthySeeds Initiative™

Student Wellness & Family Engagement System

HealthySeeds™ embeds nutrition, emotional regulation, and mental wellness into the school day through simple, age-appropriate routines reinforced by intentional family engagement.

Rather than isolated lessons, the system creates daily wellness rhythms that strengthen attendance, belonging, and readiness to learn at school and at home.

4. OverTime Sport Studies™

Leadership, Career Readiness & Sport Management System

OverTime Sport Studies™ connects athletics to postsecondary and career readiness through applied leadership, sport management, media, and NIL-aligned experiences.

Student-athletes translate sport into real-world skills such as planning, communication, branding, and operations, while varsity leaders support younger students through structured sport development.

5. PeaceBuilder Institute™

Student Voice & School Climate System

The PeaceBuilder Institute™ formalizes student voice through Student-Athlete Advisory Councils (SAAC) and peer leadership structures that inform school culture and decision-making.

Student influence is channeled into organized leadership pathways, strengthening peer accountability, civic engagement, social impact, and school climate.

HOW TO GET STARTED?

Level 0 | Academic ExtraPoint™ Game Day Design Lab

A 3-Hour, Team-Based Academic Experience

The **Academic ExtraPoint™ Game Day Design Lab** is a high-energy, **3-hour experience** designed for **one team at a time**, with separate versions for middle school and high school students.

This experience blends sport culture with **human-centered design**, helping student-athletes rethink how they approach academics, eligibility, and leadership in a way that feels relevant, engaging, and immediately useful.

This is **not** a mass assembly. It is a **focused, hands-on experience** built for depth and impact.

What Students Walk Away With:

- Clarity around academic and eligibility expectations
- Personalized learning strategies they can apply immediately
- Executive function skills framed as performance tools
- A stronger sense of responsibility and leadership

What Schools Receive:

- High student engagement and participation
- Anonymized readiness and eligibility insights
- Sample Individualized Learning Plans
- A brief summary outlining readiness for next steps

Investment:

- \$1,500 per team
- One team per Lab
- 3-hour on-site experience
- Middle school or high school version

Level 1 | Academic ExtraPoint™ System Installation

Academic ExtraPoint™ can be installed as a time-bound system, designed to operate independently once complete.

Installed over 16–18 weeks, the system includes:

- Eligibility and academic tracking routines
- Individualized Learning Plans (ILPs)
- Executive function workshops
- Student academic leadership roles
- Coach and staff visibility tools
- A 90-day outcomes report

Investment: \$10,000 per school

Result: Greater academic consistency, reduced eligibility issues, and a system schools can sustain long term.

Level 2 | Optional Accelerator Systems

Once Academic ExtraPoint™ is in place, schools may choose to expand with additional systems based on needs and readiness.

Available Accelerators:

- Coach For Life™ \$15,000
- HealthySeeds Initiative™ \$15,000
- PeaceBuilder Institute™ \$15,000
- OverTime Sport Studies™ \$15,000

Each accelerator is focused, time-bound, and designed to integrate seamlessly.



SUSTAINABILITY & NEXT STEPS

System Continuity

Schools may continue system use through an **Annual License & Refresh**, which includes:

- Ongoing access to tools and materials
- System and curriculum updates
- Periodic fidelity check-ins
- Access to a growing network of partner schools
- Technical support

Annual Investment: \$5,000 per site

Conferences, Camps, and Clinics

5A Elite also offers optional **fee-for-service conferences, camps, and clinics** for teams and families, providing short-term, high-impact development experiences.

Typical Investment: \$150–\$300 per athlete

Start Where It Makes Sense

Every school community is different.

The 5A Engagement Funnel™ offers **clear entry points and a flexible path forward**, from a single team-based experience to a fully installed system.

Whether you begin with a **Game Day Design Lab** or a full **Academic ExtraPoint™ installation**, 5A Elite partners with schools to **build systems that last**.

FOR MORE INFORMATION OR TO SCHEDULE A CONSULTATION

Email us at info@5aelite.org or scan the QR code





Leveraging the power of sport to unlock student potential.