

INFORMATION

Every child and adolescent needs exercise. The HPS program will ensure their present and future health. We will also choose programs that are appropriate to their age, physical condition, stage of development, and interests.

HPS's number one goal is to meet or exceed our client's expectations, ensuring a successful after-school program for the children, their parents and the administration.

All of our programs can be customized to meet your individual needs. The programs are a total of eight weeks long with options to have from one to five sessions each week.

These programs are offered during the fall and spring school season in conjunction with your current afterschool program.

Don't miss this opportunity!



CONTACT INFORMATION

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YEAR ROUND SCHOOL PROGRAMS



GENERAL INFORMATION

HI-Performance Sports (HPS), a division of Hi-Performance Soccer Academy (HPSA), is offering an after-school activities program for the youth of Northern Virginia. We also offer a program that runs during the day for pre-schools.

HPS's philosophy is to provide a youth sports program that promotes exercise, learning, sportsmanship and good health, as well as a flexible, manageable program for the parents and administration.

The HP-Sports program can be easily integrated into the schools current after-school program and HPS will work with the institution to ensure the happiness and success of the program.

The HP-Sports activities are for children 3-15 years old and offer specific activities which targeting individual age groups. There are two types of programs that HPS is offering.

HP-Sports is very flexible and the details will be discussed further upon implementation.

SCHOOL PROGRAM STAFF

Danny Climo-Program Director, HI-Performance Soccer Academy. Former George Mason Player and Professional in England.

Trainers include: Jose Venegas (Former Pro Player), Danny Brienza (Former Georgetown Player), Peter Harangi (Former Pro Player in Hungary), Kris Mikcozi (Hungarian National Team Player), Laszlo Juhasz (Former George Mason Player) & others.

ALL of our coaches have extensive experience with youth players, and specialize in these programs. Our coaches are also fully licensed and KIDSAFE Certified.

SOCCER SPECIFIC PROGRAM

The Soccer Specific Program will provide the children with a fun, stimulating environment that will teach the game of soccer and improve skills. The children will be grouped according to age.

Little Kickers (3-5 years)

A fun and rewarding skills program for children ages 3 to 5 years. The emphasis of this program is to provide the children with a fun and stimulating environment which will include fun soccer games and an introduction to teamwork and soccer concepts.

Soccer Essentials (6-7 years)

Children are instructed in the beginner soccer skills and good habits. The program emphasizes coordination and movement in soccer, presented in fun skill exercises and small-sided soccer games.

Soccer Sense (8-15 years)

A program designed for an age group who have improved coordination and strength, and who are now capable of problem solving. The young players in this program are still refining his/her basic skills while beginning to learn more about the concepts of space, support and movement off the ball.



SPORTS ACTIVITIES PROGRAM

This is a program that is designed to provide children with a fun, stimulating, and physically active environment.

The program will introduce the child to topics such as agility, balance, coordination, fitness and team-work.

Throughout this program children will participate in numerous sports activities, such as, relay races, fun sports games and obstacle courses.

The Children will be grouped according to age.



Choose HP-Sports to improve your after-school program!!