



# Make a Difference Get in the Game



## Core Benefits

At Life Lesson Sports, we believe all youth scholar-athletes should have the opportunity to develop proper training fundamentals as it pertains to physical and educational well-being in order to maximize their talents and skills.

As a non-profit organization, charitable funding will allow Life Lesson Sports to reach out to the youth scholar-athletes in our community and provide programs that may not otherwise be available to them.

Our staff volunteers will consist of professional athletes and highly educated instructors who will contribute their valuable experiences with our youth.

Our programs will consist of:

- Training in speed, agility and core strength
- Guidance on proper nutrition and eating habits
- Aid in developing life skills to deal with success and failure while maintaining integrity
- Educational tutoring services and programs in an effort to instill the importance of a solid academic foundation
- Special interests such as music, theatre, and art
- Financial goals and long term views

**Contact us at 858-832-1291 for more information or for an application to get started. You can also visit our website at [www.lifelessonsports.org](http://www.lifelessonsports.org).**

## Core Values

1. *To aid in the development of the scholar-athlete promoting balanced growth as a student and an athlete.*
2. *To introduce life skills enabling the scholar-athlete to handle success and adversity with integrity now and in the future.*
3. *To develop an understanding in the scholar-athlete the importance of giving and helping others through community service.*
4. *To help create a foundation of life skills in the scholar-athlete empowering them to make good choices.*
5. *To introduce and implement long term views towards goals and development of the scholar-athlete's fundamental abilities.*
6. *To help develop long term mental, social, nutritional, and physical integrity in the lives of the scholar-athlete.*



# LifeLessonSports

MORE THAN A GAME.