

AGE / STAGE →		Age 12 Rising 7th · 7th	Age 13 Rising 8th · 8th	Age 14 Rising 9th · 9th	Age 15 10th grade	Age 16 11th grade	Age 17 12th grade	Ages 18–22 College / vocational	Ages 22–25 Launch / transition	Ages 25+ Working life
PART 1 · CAREER MODEL	1 • Athletic Career	a) Initiation · Multi-sport fundamentals	b) Specialization (Development) · Sport choice narrows; training volume and intensity rise through high school					c) Mastery (Professionalism) · College, elite or pro competition	d) Elite Discontinuation · Planned exit	
	2 • Psychological	a) Childhood → leaving childhood	b) Adolescence · Identity, independence, self-regulation; athlete and student identities form side by side					c) (Young) Adulthood · Self-direction, life roles beyond sport, career identity		
	3 • Social Relations	a) Parents · Siblings · Teachers · Peers/Friends		b) Peers/Friends · Coach · Parents · Teachers			c) Coach · Partner · Friends/Peers		d) Family · Friends · Colleagues · (Coach)	
	4 • Academic / Vocational	b) Comprehensive School · Lower Secondary (grades 7–9) · a) Pre-Primary and Primary completed before entry			c) Upper Secondary School / Vocational Education & Training			d) Higher Education	e) Working Life	
	5 • Financial Resources	a) Family			b) Sports Clubs · Federations · Academies (incl. SBA)			c) Olympic Committee · Sponsors	d) Scholarships · Employer	
PART 2 · CORNERSTONES	ATHLETICS Body · Tommy Stucky & Steve Brown	7-Week Off-Season Conditioning · June–July, 28 workouts Mon–Thu · July 4th week “Quiet Time” · speed & agility			Weight Progression Levels advance by test, not age: how you bend → range of motion → load		Collegiate / elite athletics · The CYSQ foundation carries into college strength programs		Lifelong fitness · Return as coach, mentor or volunteer	
		Level 0 · Bodyweight & DB basics	Level 1 · Front squat, RDLs, DB press, pull-ups		Level 2 · Back squat, hang clean	Level 3 · Power clean, jerks	Level 4 · Snatch progression			
	ACADEMICS Brain · Breakthrough model	Summer 1 · Math, science, ELA, study skills, speaking	Summer 2 · Same five subjects, deeper	Summer 3 · Math, language arts, leadership	College Prep Program · Seminars, SAT prep, mentoring, pre-college and financial aid guidance		Degree or credential	Continuing education · Graduate study, certifications, careers in education		
		School Year Program · 2 Saturdays/month · enrichment & homework help		9th Grade SYP · 1 Saturday/month		Teaching/Coaching Fellowship · HS juniors, seniors & college students lead classes under mentor teachers				
PART 2 · CORNERSTONES	CHARACTER Heart · iLead & the CYSQ Companion	Foundations · Leadership & public speaking in the summers		HS Course 1 · The Iceberg → Cathedral Building	HS Course 2 · Baggage Fees → Opportunity Statue	HS Course 3 · Windshields → Dorothy’s Way	HS Course 4 · 3D Glasses → HHMC	Complete Your Square: A Leadership Companion · 38 lessons for college, alumni, Fellows, coaches and parents		
		Identity & coping confidence · Belonging, self-advocacy and coping skills built before they are needed, the strongest predictor of school well-being in Dr. Brown’s research								
PART 2 · CORNERSTONES	SERVICE Soul · Lovett SING model	Introduce “giving back” · Team service days		SING capstone · 9th grade retreat → city service		Sustained service · Volunteer hours via College Prep		Serve by teaching · Fellows coach younger CYSQ students		Pull the next one up · Alumni mentor, give, return as Fellows
	A3 ADVISING Athletic Academic Advisory	Discovery · Student and parent forms, a Discovery Call, a written recommendation and a plan			A3 Program · 90-day cycles in athletics, academics, testing, recruiting and accountability: Aspire · Architect · Act · Assess · Adjust				Life-skills workshops · Financial literacy, time management, personal branding	
PART 3 · ADVISING	NEXT ONE UP Transition model (Baltimore)	Long-term mentors · Professionals, alumni, and current and former athletes, year-round from entry to career, so no athlete has to ask “who am I without my sport?”								
		Out-of-school-time support · Tutoring, teambuilding, experiential and service learning			College & career counseling · summer work · internships · College, vocational and direct-to-career paths are all valid			Full-time job placement · Partner employers	Alumni network · Mentor the next class	