



**GET BETTER
EVERYDAY**



Through personalized plans and accountability, JJVA Edge teams provide comprehensive strategies for your athlete to reach their full potential.

**OPEN LEVEL
COMPETITION**



**WHOLE
ATHLETE
TRAINING**

JJVA EDGE

JJVA EDGE TEAM

- Practices 4-5 per Week
- Skills Sessions
- Positional Skills Clinics
- Video Analysis
- Player Statistics



PERFORMANCE TRAINING

No two training programs will be exactly alike. Each plan is designed to achieve max potential based on individual evaluations, assessments & analysis. Athletes are held accountable and are monitored throughout their journey with an assigned trainer.



WHOLE ATHLETE TRAINING

Even the strongest athletes benefit from nutrition education, mental training and preparedness. Mental preparedness involves learning about managing performance, competition, success, and failure in the healthiest way possible.



RECRUITING SUPPORT

Full service recruiting services include; SportsRecruits PRO account, TWO 30-minute one-on-one meetings between athlete & their families with a recruiting coordinator, school/division recommendation, financial aid/scholarship breakdown, email drafting assistance, and ongoing strategic guidance and communication.

** Tryout Invite Only*

BE THE BEST