ALTITUDE RUSH

RUSH SOCCER ACADEMY

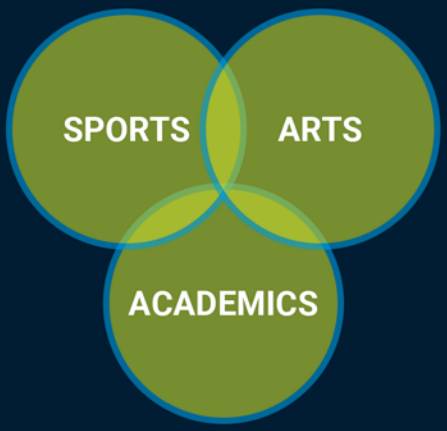
MODEL FOR LEARNING

Developing Skills • Competitive Competence • Social / Cultural Aptitude

AREAS OF TRAINING/SPECIALIZATION

Student Entry Point

BLENDED ELEMENTS OF STUDENT PARTICIPATION



SPORT DICIPLINES	ART DICIPLINES
TENNIS GOLF VOLLEYBALL SOCCER TRIATHLON SWIMMING RUNNING CYCLING	VOICE ACTING IMPROVE INSTRUMENT FILM PHOTO PAINTING
SCIENCE MATH ENGINEERING CODING	WRITING LANGUAGES READING COMPREHENSION MEMORIZATION
ACADEMICS DICIPLINES	

REQUIRED PARTICIPATION FOR COLLEGE PATH

We are excited to share the unique Altitude Academies experience with you. Our school of learning is different from most, in that we believe that every student must have a discipline of focus when entering into the ALTD Rush environment. That discipline or passion is the connecting point for engagement with every student. It's at this place where the learning process begins. We are strong believers that a dynamic learning culture is achieved when the soft and practical skills of an individual are developed, then applied and measured within a competitive platform.

RAOUL VOSS
GLOBAL SPORTING DIRECTOR

USSF A LICENCE
UEFA A LICENCE

12 YEARS OF COACHING
9 YEARS OF PRO COACHING

2015-2018 USL COACH

FERDINANDO DE MATTHAEIS
ALTITUDE RUSH HEAD COACH

24 YEARS OF COACHING
16 YEARS OF PLAYING
N.Y. COSMOS W/ PÉLÉ (1981,82,84)

USSF A LICENSE
UEFA A LICENCE

U.S.LUCERA (ITALY)
SANGIORGIO APRICENA (ITALY)
FA EURO NY

ACCOUNTABILITY - ADVICE - EMPATHY - ENJOYMENT - HUMILITY - LEADERSHIP - PASSION - RESPECT - SAFETY - TENACITY - UNITY

ACADEMICS

ALTD Rush is different than most schools. Because of its custom individualized approach, ALTD Rush is committed to understanding the goals of the family, as well as the student, throughout the admissions process. Due to our blended approach, ALTD Rush is able to offer many options in the various areas of specialty. Which means that the student has flexibility in determining and adjusting their learning journey while enrolled in the Academy. ALTD Rush calendar is from August to the end of May. However, ALTD Rush offers rolling admissions, allowing a student to join the academy in the fall, spring, or summer semesters.

With the mission of building not only sports stars but, quality individuals, our Academy Life team is dedicated to working above and beyond the call of duty to make sure that the students in their care are well taken care of every single day. From early morning wake-up calls, to evening head-counts and lights out, there is never a dull moment here at the academy. The academy and it's students are always on the move, and our team is right there with them every step of the way.

The Academy Life team believes in influencing the growth and development of each student and athlete through a holistic approach. They work closely with faculty, coaches, staff, and the community to build a stimulating, inclusive educational and training environment. They believe in setting an example in integrity, courage, discipline.

The Academy Life Program & Curriculum is specifically designed to complement the other academic and sport training programs, focusing on additional personal development characteristics such as communication skills, punctuality, time management, personal hygiene and creativity to name a few.

Academy Life Calendar

MONTH		WEEK 1	WEEK 2	WEEK 3	WEEK 4	ACTIVITY OF THE MONTH
AUGUST		**Self Discovery:** Who am I? what's my reason to be here? Refers to a series of events whereby a person attempts to determine how they feel personally rather than following the opinions of family, friends, neighborhood or peer pressure.	Responsibility	Ambassador Program	Safety: Fire Hurricane Preparedness Active Shooter	Miami Beach
SEPTEMBER		**Self Preparation:** Setting goals and objectives; creating timelines, a proceeding, measure, or provision by which one prepares for something; preparations for a journey; any proceeding, experience, or the like considered as a mode of preparing for the future.	Mutual Respect	Exemplary Behaviour	Drug/Alcohol Bullying/Mental Health	Paint Ball
OCTOBER		**Self Regulation:** It involves controlling one's behavior, emotions, and thoughts in the pursuit of long-term goals.	Communication	Sense of Community: Recycling	Nutrition	Halloween Horror House
NOVEMBER		**Self Awareness:**is having a clear perception of your personality, including strengths, weaknesses, thoughts, beliefs, motivation, and emotions. Self Awareness allows you to understand other people, how they perceive you, your attitude and your responses to them in the moment.	Creative Thinking	Being Thankful	Personal Hygiene	Thriller Boat
DECEMBER		**Self Esteem:**confidence in one's own worth or abilities; self-respect	Empathy	Adaptability	Family	Island of Adventures
JANUARY		**Self Motivation:** In its simplest form, the force that drives you to do things" (Skills You Need). It's the drive you have to work toward your goals, to put effort into self-development, and to achieve personal fulfillment.	Unity	Creativity	Encouragement	Zip Lining
FEBRUARY		**Self Adaptation:** The response of an organism to new conditions by changes that are adopted to those conditions. In order to maintain system goals during execution, self-adaptation is increasingly employed to monitor runtime conditions, analyze whether goals are being met	Wellbeing	Coping with stress	A day in the life	Manufacturer in Tampa
MARCH		**Spring into Action:** to suddenly become active, start moving, or start working.	Spring into Action	Having Fun	Facing/Overcoming our fears	Overnight Camping
APRIL		**Self Reflection** is the capacity of humans to exercise introspection and the willingness to learn more about their fundamental nature, purpose and essence ... and introspection are important psychological exercises that can help you grow, develop your mind, and extract value from your ...	Time Manangement	Critical Thinking	Milestones	Beach Picnic
MAY		**Celebration:** Celebrate your Achievements	Decision Making		THE FINAL LAP	Live Concert

A global brand committed to providing an unparalleled soccer experience:

Progressive. Ambitious. Comprehensive.

FULL-TIME PROGRAM

Altitude Academies is a gated and fully staffed professional sports academy located on the East coast of South Florida at Club Med Sandpiper Bay resort in the city of Port Saint Lucie, where student's academic and training facilities, accommodations and dining restaurants are located right onsite.

Students can enroll at Altitude Academies on a full-time (year-round) or weekly basis, and select from their choice of boarding or non-boarding options. Full-time and weekly programs are available every week of the year. Additionally, program participants are given the opportunity to train with the best players, and engage regularly in competition, conditioning, mental training, nutritional guidance, video analysis and many other player development processes.

And as active members of Altitude Academies, students are automatically included in our Academy Life programming which continually strives to help students become more engaged citizens, not only right on campus but, in the larger local and global communities.

Sample Schedule

6:45 AM	TO	7:15 AM	BREAKFAST	12:00 PM	TO	12:45 PM	LUNCH	6:00 PM	TO	6:45 PM	DINNER
7:30 AM	TO	9:30 AM	SCHOOL	1:00 PM	TO	3:00 PM	SCHOOL	7:00 PM	TO	8:30 PM	SCHOOL
10:00 AM	TO	12:00 PM	SOCCER	3:00 PM	TO	4:45 PM	SOCCER	8:30 PM	TO	9:30 PM	OPEN TIME
				4:45 PM	TO	5:30 PM	PERFORMANCE	9:30 PM			CURFEW

ASSESSEMENT METHODS

PHYSICAL TESTING • ***VIDEO ANAYLSIS*** • ***MATCH PLAY*** • ***TACTICAL ACUMEN***

PERIODIZATION

ALTD Rush uses a periodized approach to help athletes deal with rigors of training on a daily basis and in the heat and humidity of Florida. It is also used to optimize performance on match days and at tournaments or showcases. Working through the fixtures we carefully select and program the content, volume, and intensity of training.

We're proud to say that all of our high-performance coaches are certified with our expert-backed system and methodology.

PERFORMANCE

At Altitude Academies, you will get fit! Our performance coaches our dedicated to help prepare your body, physically, mentally, and nutritionally to perform at the highest level during sport competition. Our training process is a comprehensive approach, which includes methods that align with proven scientific principles, promotes long term athletic development, and provides an objective based plan that ensures continuous individual growth and success. **Rush Soccer has over 160 clubs over 50 countries and 6 continents.**

Soccer

Mental

Nutritional Guidance

ACCOUNTABILITY - ADVICE - EMPATHY - ENJOYMENT - HUMILITY - LEADERSHIP - PASSION - RESPECT - SAFETY - TENACITY - UNITY

FACILITIES

ALTITUDE RUSH

PRIMARY SPORTS TRAINING FACILITIES

18 Tennis Courts (12 hard courts, 6 clay courts)
1 18 Hole Golf Course (Par 70)
8 International Regulation Beach Volleyball Courts
2 Indoor Volleyball Courts (off-site access)
2 Full-Size Grass Soccer Fields (International Regulation)

SECONDARY SUPPORT FACILTIES

1 Artificial Training Turf Soccer Pitch (Conditioning Field)
3 Swimming Pool (1 Five Lane Lap Pool for Training & Regeneration)
1 Fully Equipped Weight Room (Full Range of Life Fitness Machines / Free Weights)
1 Fitness Center (Aerobic/Cardio Studio)
1 Wellness Center (Spa & Massage Therapy)

EXTRA SPORTS FACILITIES

1 Full Length Basketball Court (Glass Backboards)
1 Sailing & Paddleboard Venue (Onsite Bay/River Beachfront)

DINING

3 Restaurants (Buffet & A La Cart)

RETAIL

1 Golf Pro Shop
1 Tennis Pro Shop

FAMILY SUPPORT FACILITIES

1 Youth Center for Children – Ages: Infant through Teenager (Daily Scheduled/Supervised Activities)
1 Excursions Center (Book Off-site Trips to Disney, Miami, & More)

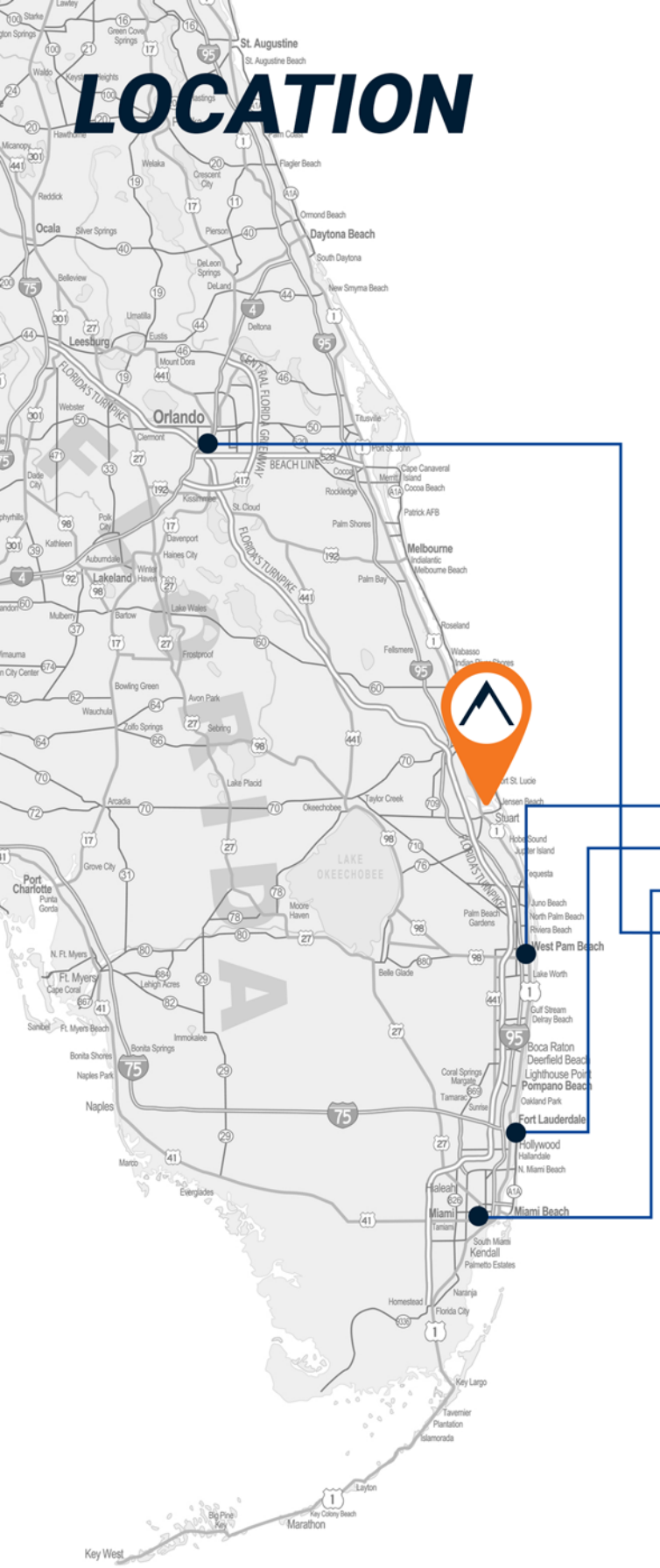
BUISNESS SUPPORT FACILITIES

1 Conference Center (Multiple Small & Large Room Spaces with AV Equipment)

ENTERTAINMENT

1 Large Theater for Musical Shows & Entertainment Activities

LOCATION



The academy is located on the East coast of Florida, in the city of Port St. Lucie. Port St. Lucie is located conveniently between Miami and Orlando and is only a 45 minute drive from the West Palm Beach airport.

ALTITUDE ACADEMIES

4500 SE Pine Valley ST
Port Saint Lucie, Florida 34952
USA

AIRPORTS

Palm Beach International (PBI) – 45 min
Ft. Lauderdale International (FLL) – 1 hr. 45 min
Miami International (MIA) – 2 hrs
Orlando International (MCO) – 2.5 hrs

FOR MORE INFORMATION

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INTEGRITY | COURAGE | DISCIPLINE