

Empowered Growth Academy Executive Summary

More than 800 million people play volleyball at least once a week, but few do it better than the professional athletes at *Empowered Sports Club*, the creation of professional indoor and outdoor volleyball player, Will Robbins and his wife Ashlee, who also founded the 501(c)(3) nonprofit corporation, **Empowered Growth Academy**, to offer financial assistance to young athletes in order to experience the Empowered way. **Empowered Growth Academy** is a Christ-centered youth athletic training program designed to fund and supplement the development of physical skills, build character, inspire leaders, strengthen minds, and shape spiritual hearts to experience God's design for their lives. The **Empowered Growth Academy** mission is "Empowering champions for life."

Empowered Growth Academy is a holistic educational center that provides financial assistance for volleyball, soccer, and futsal developmental programs to families in need. Exclusively funded through donations and fundraisers, **Empowered Growth Academy** partners with individuals, corporations, foundations, and ministries to offer its proven model to young athletes who otherwise would not be able to afford the opportunity to participate in this transformative process at *Empowered Sports Club*. **Empowered Growth Academy's** foundational pillars include: physical health and wellness through athletic training and skill mastery, led by the *Empowered Sports Club* experts; with character growth, leadership development, mental conditioning, and spiritual discipleship provided by **Empowered Growth Academy**.

Physical Health, Wellness, Athletic Training, and Skill Mastery

Empowered Sports Club builds a foundation of fundamental athletic skills and physical fitness. Whether a beginner or a college-bound athlete, *Empowered Sports Club* tailors a program for the participants to take their next steps in mastering their fundamental skills. *Empowered Sports Club's* facility on Lima Road in northern Ft. Wayne sprawls 90,000 square feet that features four indoor volleyball courts, five sand courts, a state-of-the-art indoor soccer turf, and an indoor futsal surface to serve one of the fastest growing sports in the world. *Empowered Sports Club* has partnered with Parkview Sports Medicine to create one of the most innovative sports-specific performance training venues in the midwest. Led by a renowned, credentialed NCAA Division I strength coach, this model empowers athletes to grow stronger, quicker, and faster to excel inside their chosen lines of competition. Additionally, *Empowered Sports Club* educates participants in nutrition, providing scheduled access to a licensed dietitian, as part of their program to fight childhood obesity.

Character Growth

Since its inception, **Empowered Growth Academy** has implemented the study of Fellowship of Christian Athletes' character development materials and has prioritized character growth through inspiring, modeling, and teaching how to be a great teammate, both on and off the court. Life lessons are incorporated into each practice plan to help young athletes understand and apply moral virtues through deflecting praise, sharing credit, and persevering through adversity.

Leadership Development

Recognizing that a coach is among the most influential personal connections in a young person's life, **Empowered Growth Academy** inspires the next generation's leaders to connect with and influence their peers to lead with wisdom and integrity. **Empowered Growth Academy** athletes engage in curricula, such as Tim Elmore's *Habitudes*, taught by a licensed instructor, as a foundation to build their leadership traits. *Empowered Sports Club* coaches reinforce these qualities during practices, lessons, clinics, and matches, as they teach communication skills in order to increase connectivity and effectiveness among teams.

Mental Conditioning

Empowered Growth Academy offers tools to strengthen the minds of athletes, paralleling to the physical training of their bodies. Each week, participants dive into books such as *Mindset: The New Psychology of Success* by Carol Dweck, *Mind Gym: An Athlete's Guide to Inner Excellence* by Gary Mack, or *Burn Your Goals: The Counter Cultural Approach to Achieving Your Greatest Potential* by Joshua Medcalf and Jamie Gilbert. Studying these resources produces a higher level of sustained competition among the **Empowered Growth Academy** student-athletes.

Spiritual Discipleship

Empowered Growth Academy equips young athletes to grow in wisdom, discernment, hope, love, determination, and endurance to deepen their relationships with God and each other. Coaches and athletes devote time each week to learn from the Scriptures, applying their knowledge both inside and outside the lines of athletic competition.

The Empowered Growth Academy Core Values: CHAMPIONS

Character
Honor
Attitude
Motivation
Perseverance
Integrity
Optimism
Nobility
Sportsmanship