



RISE A

(Responsibility, Initiative, Service, Expectations)

RISE A helps you build leadership skills by focusing on responsibility, taking initiative, serving others, and setting high expectations for yourself. You'll reflect on your goals and learn how your choices shape your future in school, sports, and life.

LIFE A

(Leadership, Influence, Forgiveness, Experiences)

LIFE A focuses on personal growth by helping you develop leadership, influence, forgiveness, and learning through experiences. You'll explore challenges, build resilience, and reflect on how to grow and make a positive impact.

CTE Sport Psychology 1A

This course teaches you how your mindset impacts your performance as an athlete. You'll learn about confidence, focus, and habits that help you succeed both on and off the field.

CTE Sports Performance A

This course introduces the science behind athletic performance, including how your body moves and responds to training. You'll learn the basics of strength, fitness, and how to improve performance.

RISE B

(Responsibility, Initiative, Service, Expectations)

RISE B builds on your leadership skills by helping you explore your passions, responsibilities, and the impact you have on others. You'll develop positive habits and create a plan for your future. RISE A is not a prerequisite.

LIFE B

(Leadership, Influence, Forgiveness, Experiences)

LIFE B helps you grow as a leader by focusing on emotional intelligence, relationships, and serving your community. You'll complete a service project and learn how your actions can positively impact others. LIFE A is not a prerequisite.

CTE Sport Psychology 1B

This course takes your mental performance to the next level with goal setting, teamwork, and strategies to handle pressure. You'll apply what you learn to real-life situations in sports and beyond.

CTE Sports Performance B

This course explores careers in sports and how professionals help athletes train, recover, and perform at their best. You'll also learn about injury prevention and how to build your personal brand as an athlete.

QUESTIONS?

**EMAIL OUR PEAK PERFORMANCE LEADERSHIP TEAM:
PEAKPERFORMANCE@ELITEACADEMIC.COM**



CTE Intro to Dance A

CTE Intro to Dance A introduces students to the fundamentals of dance, including conditioning, balance, performance skills, and basic techniques like kicks, turns, and leaps. Students will build strength, confidence, and stage presence while learning choreography and expressing themselves through movement.

CTE Dance A

CTE Dance A focuses on building creativity, technique, and performance skills through improvisation, freestyle, and choreography. Students will develop their personal dance style, improve precision and teamwork, and gain confidence while performing and collaborating with others.

CTE Intro to Dance B

CTE Intro to Dance B builds on foundational dance skills by focusing on rhythm, musicality, flexibility, and more advanced performance techniques. Students will improve timing, coordination, and teamwork while learning choreography, developing stage presence, and refining their overall performance.

CTE Dance B

COMING 2027!



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