

A close-up photograph of a young man with short brown hair, looking directly at the camera with a serious expression. He is wearing a red and white striped athletic jersey. He is holding a black and white soccer ball with both hands, positioned in front of his chest. The background is a plain, light-colored wall.

EDUCATION UNLEASHED

2020 ADMISSION GUIDE

US Performance Academy

USPATM

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Student athletes are unique in their sports, personalities, goals, passions, locations and more.





The accredited, private, online, middle and high school created for high-performance athletes.

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Thank you for your interest in USPA.

We understand the process of choosing the best educational fit for your son or daughter is a huge undertaking and we hope to make the process as painless as possible.

Our school was founded on the desire to create the ideal academic solution for high performing young athletes. With USPA's customizable schedule, personalized support system, and community of like-minded athletes, we are striving to provide the best options for you and your family. Please use this document as a guide through the unique aspects of our school and reach out to us with any questions you have at the end.

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We understand your schedule, your priorities, your unique goals, and your struggles facing academics. We offer solutions, not more road-blocks.

- Peter Smith, USPA President





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Our support system keeps students involved, motivated, and on track to success.

We are built for high performance athletes.

Designed by athletes and educators, the USPA approach specifically benefits driven students who are training, traveling, competing, and pushing to the next level. The online curriculum allows for a flexible school schedule and academic calendar. The support system keeps students involved, motivated, and on track to success. And the focus on the student-athlete future goals and aspirations opens up a doorway to future opportunities. US Performance Academy is the accredited, private, online school designed for high performance athletes.



Our values and guiding principles.

Students first.

Recognizing our responsibility to prepare our students for college, careers and life, we based our organization and technology on fulfilling every student's needs.

We support your unique schedule no matter what your sport and guide you to create a pathway toward your academic and athletic goals, leveraging the latest technology for an on-the-go environment.

Teachers and learning coaches.

Our faculty plays a key role in creating a far-reaching education for our students – one that includes social, moral and emotional growth.

Leadership through inspiration.

As educators, we know that inspired students are motivated students. For that reason, Learning Coaches, faculty and administrators work to provide inspired leadership to every student at USPA.

Systems for support.

Systems delivered by Learning Coaches, some of whom are Olympic athletes, offer flexible and innovative support and mentorship from older athletes who understand the challenges of being an athlete.

Continuous improvement.

To promote an evolving environment of academic excellence and personal growth, USPA courses and programs are delivered via the newest technologies and most innovative tools available.

“

The online curriculum allows
for a flexible school schedule
and academic calendar.



Our roots.

Founded in 2013, US Performance Academy was created with families like yours in mind. USPA President, Pete Smith, learned first-hand during his Olympic campaign about the time and commitment a student-athlete needs to dedicate to their sport in order to succeed. Those experiences, combined with his time at Columbia, and his time running traditional schools, allowed him to understand that handing a student a pile of worksheets and labeling them as “supportive” just isn’t good enough. Learning doesn’t need to be dictated by where you are in the world. Students don’t need to be in a classroom, sitting in rows of desks. It can be so much better and it needs to be so much better.

That’s why we created US Performance Academy. Designed by athletes and educators, we understand your schedule, your priorities, your unique goals, and your struggles facing academics. We offer solutions, not more road blocks. We have created a community, a flexible school schedule, and a support system unlike any other.

When we opened our virtual doors, we dreamed of providing an educational solution for high performance athletes. Today we are educating student-athletes across 20 sports in over 20 countries.



“ Students don’t need to be in a classroom, sitting in rows of desks.

“ US Performance Academy gives athletes a support system that provides opportunities for growth.

Global student body.

Our students, from more than 21 countries and 15 U.S. states, interact with each other and their teachers and Learning Coaches through our seminar-style discussion classes. opportunities.



Learning reinvented.

US Performance Academy's proprietary platform allows for a growing and active community of athletes. Using video conferencing, students, teachers, and learning coaches can meet and grow a personal relationship.



Amazing peer group.

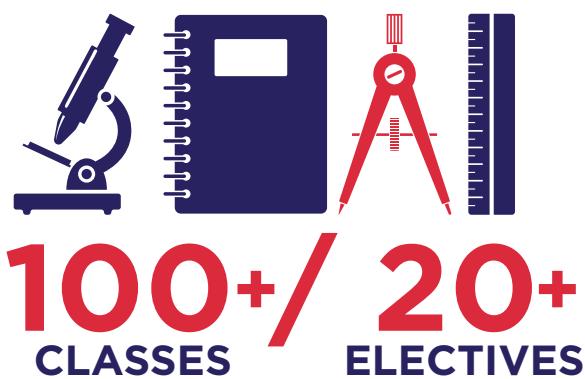
USPA has established a truly amazing peer group of athletes and learners from more than 20 sports, all working toward either collegiate, professional, and often Olympic goals.

Essential facts.



Challenging curriculum.

From advanced middle-school classes through AP and university-level courses, our curriculum of 100 courses and 20 electives challenges students at every level.



There has been no better time to be a high-performance athlete.

In the eyes of the NCAA, there's no difference between traditional, online or home-school classes – so long as they receive approval from the NCAA's Eligibility Center.

Many athletes have constraints in pursuing their sport outside of school. High-level, engaged athletes come to USPA because of the quality of education, the flexibility of being able to work around the traditional school which can be a barrier to success. These athletes can do academics on the road, even on Sunday when there may be no practice or events.

There is no typical day for a student who uses virtual education. Students may join live lectures that allow students and teachers to talk via webcam and share their

screens if their schedule allows. If the student is unable to join a lecture, they can log in later and watch a recording, complete with interactions from their classmates.

The rigor of the USPA curriculum is high. The standards are high during reviews. Not only is the quality of our courses exceptional, we provide Learning Coaches to assist each athlete to draw the most from their academic experience. Students are evaluated individually and on the whole of their circumstances.

There has been no better time to be a high-performance athlete. You do not have to compromise your sport or your education.

Exceptional education

Learning coaches

Live lectures

Classmate interaction

Accredited by Cognia



You do not have to
compromise your sport
or your education.

Non-traditional hours

Flexible schedule

NCAA approval

No constraint in pursuing
your sport



The USPA difference.



Community

You're not in this alone. Your peer group includes like-minded student-athletes who are all facing similar struggles. You will share in their victories and they in yours. USPA also offers each student-athlete community service outreach opportunities.

Student-athletes

Parents

Coaches

Community
Service Outreach



Support.

Every student is encased in support. USPA is designed so that no student-athlete can fall through the cracks. You will have a support system of teachers, tutors, learning coaches, counselors, parents, coaches, and your peer group of other student-athletes. Many USPA faculty members have an athletic background which provides them the understanding of what it takes to be a competitive athlete. This unique experience is important to help you excel in your goals.

Learning Coaches

College & Career Planning

Online Teachers & Tutors

Parents of Athletes

Your Peer Group of other Student-Athletes



Focus on the Future

You choose your path – College, Career or Olympic. Within each path, Learning Coaches can manipulate course loads and schedules in the direction that supports your goals. With NCAA approved and accredited courses, no goal is out of reach.

**Pathway for Olympics,
career, or college**

NCAA approved



Technology

Blending challenging, comprehensive, and technologically advanced curriculum with support from Learning Coaches, USPA is able to keep student-athletes on top of their courses wherever they are in the world. The Quad is our digital platform where students can find their classrooms, courses, teacher, peers, community, resources, and more. With instant communication, video meetings, and real-time access to grades and progress, USPA strives to provide the best technological tools.

The Quad

- Instant access to community
- Video meetings and collaboration
- Real-time access to academic standing (parents & students)

Personalization and Flexibility

UPSA's online calendar template allows students to schedule their coursework over a 12-month period to permit winter athletes to do more focused work during the summer and for summer athletes to increase their workload in the winter. USPA Learning Coaches work closely with students to play appropriate schedules.

[Calendar](#)

[Schedule](#)

[Pathway](#)

[Courses](#)

Academics.

“ We offer student-athletes the opportunity to excel academically while pursuing their athletic endeavors in a rigorous but flexible environment.

The US Performance Academy is a school for high performance athletes in middle and high school. We offer student-athletes the opportunity to excel academically while pursuing their athletic endeavors in a rigorous but flexible environment. Blending 21st century educational tools with world-class competitive athletics, our unique program will challenge highly motivated students, and provide them with the skills and expertise needed to compete at the highest levels of academics, sport, adventure, and life.

We are here to help our students succeed. When you join USPA, you immediately receive support through monitoring, mentoring, coaching, and teaching to ensure your success. Our student support services are

available to assist students quickly and effectively with any questions or concerns they may have in the classroom.

USPA is a game changer for our students, their families and coaches. We provide students with flexible, personalized course schedules, support from USPA staff that understand high performance athletes, and a connection to other USPA athletes around the world. Parents receive support and frequent communication with USPA staff and other parents; access to student progress in real time; and more family time and schedule support. Finally, coaches have the benefit of a flexible student schedule for training times and travel, support from USPA staff, and more focused and dedicated athletes.



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The learning experience.

English

English Language Arts 9
English Language Arts 10
English Language Arts 11
English Language Arts 12
AP English Language
AP English Literature

Math

Algebra I
Algebra II
Geometry
Pre-Calculus
AP Calculus AB
Math I, II, III

Language

Spanish
ESL
ASL
French
Mandarin
German

Science

Biology
Chemistry
Physics
Environmental Science
AP Environmental Science

Social Studies

World History
Modern World
History
US History
AP US History
Government
Economics

Electives

Healthy Living
Lifetime Fitness
Sociology

College Prep and Honors Courses

Our courses use direct instruction videos, authentic texts, interactive learning tools, assessments, and engaging projects to enhance the learning experience. They also blend rigorous video-based instruction that is led by expert on-screen instructors and supported by experienced teachers. Students have the opportunity to build skills and content knowledge in addition to undertaking real-world applications.

The courses in our upper school program cover a range of core subjects, including: English, Mathematics, Science, History, World Languages and Art. We offer the following online high school courses. All courses are fully supported by USPA teachers.

AP Courses

USPA offers a range of AP courses approved by the College Board. These classes allow students to potentially earn college credit while still in high school.

University of California Approved Courses

USPA offers University of California approved courses. These courses meet the standards set by the UC Board of Regents for admission to the University of California system. Please speak to your admissions counselor if your child plans to attend a UC school.

Single Course Offerings

US Performance Academy offers a wide range of summer courses. All of our courses provide teacher support, personal-

ized grading and feedback. Like our year-round courses, they are NCAA and a-g approved.

Graduation Requirements

Full time students enroll in a minimum of five courses per year in order to meet the minimum 20 credits required for graduation. Athletes with significant travel schedules may take up to 6 months to complete one term and up to 12 months to complete one academic year.

GRADE	LANGUAGE ARTS	MATH	SOCIAL STUDIES	SCIENCE	LANGUAGES	ELECTIVES
9th	Language Arts 9	Algebra or Geometry	World History	Biology	Spanish I, II, II or French I, II, II or Chinese I, II or German I, II or Latin I, II	Select from Course Catalog
10th	Language Arts 9	Geometry or Algebra II	Modern World History	Chemistry	AP French or AP Spanish Language & Culture	
11th	Language Arts 11	Algebra II or Pre-Calculus	US History or AP US History	Physics or Environmental Science	AP French or AP Spanish Language & Culture	
12th	Language Arts 12 or AP English	Pre-Calculus or Statistics or AP Calculus AB	AP World History or US Government or Economics	Physics or AP Environmental Science	AP French or AP Spanish Language & Culture	
MINIMUM GRADUATION REQUIREMENTS	4 CREDITS	3 CREDITS Must Complete through Algebra II	3 CREDITS Must complete through US History	3 CREDITS Must include Biology and Chemistry	3 CREDITS Minimum 2 levels of the same language; 3 levels recommended	0.5 CREDITS in Health +4.5 CREDITS

Accreditation.



Accredited by Cognia

AdvancED and Measured Progress, two education nonprofits, merged in 2018 to form Cognia. The new name Cognia comes from the Latin word *cognitio*, which means knowledge. Cognia was established to fill a crucial gap in education: the need to see a full picture and improve education in a more comprehensive and holistic way. Cognia offers accreditation and certification, assessment, professional services, and consulting to help schools drive continuous improvement. The organization focuses on innovation to provide more agile solutions for school improvement and to drive better outcomes for all students.



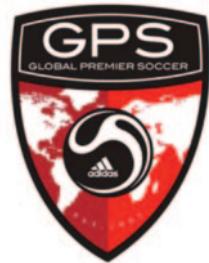


NCAA approved.

The only way to receive a college athletic scholarship is if you have an education. The National Collegiate Athletic Association (NCAA) and USPA share a commitment to rigorous, standards-aligned online instruction for student-athletes. USPA's curriculum and instructional model, implemented through Edgenuity, have been reviewed by the NCAA and meet the requirements for online courses.

Our curriculum has been awarded "extended evaluation" status, which means that the NCAA has completed a thorough review of the curriculum and implementation model and has found that it meets the guidelines for online courses. As part of the extended evaluation, the NCAA continues to monitor core and AP coursework from actual student-athletes enrolled in online courses.

US Performance Academy and the U.S. Ski and Snowboard Association announce a partnership to provide high school age U.S. Ski Team, U.S. Snowboarding and U.S. Freeskiing national team student athletes with a flexible, rigorous, individualized and supportive online high school education program that meets their unique academic needs and schedules.



US Performance Academy (USPA), and Global Premier Soccer (GPS) are pleased to announced a partnership which will give GPS players access to USPA's leading online education platform beginning with the GPS International Academy in Valencia, Spain this fall.

US Performance Academy (USPA) and USA Synchronized Swimming (USA Synchro) have renewed their partnership in order to continue to provide and expand support for high performing athletes with rigorous training schedules.



US Performance Academy (USPA) and International Ski Racing Academy (ISRA) have partnered in order to provide a flexible and accessible educational opportunity for female ski racing athletes in middle and high school who want to pursue their goals of making a national team, or excelling in collegiate ski racing while being challenged academically.

US Performance Academy (USPA) and FC Toro in Haiti have partnered in order to provide competitive middle and high school soccer athletes with a college-prep education.



Competitive youth tennis players will now have access to top consulting and education designed for student-athletes' unique schedules and skill sets through the partnership between US Performance Academy (USPA) and Crosscourt Consulting.



7k International Skating Academy has partnered with US Performance Academy to provide excellence in training and academics for figure skating student athletes.



Our partnerships.



USPA and the Seacoast Spartans, an elite AAA ice hockey program, have partnered to provide elite players with the opportunity to develop their hockey skill sets all while focusing on a strong academic curriculum.



US Performance Academy (USPA) has partnered with Surfing America in order to provide traveling athletes with a flexible yet rigorous education.



US Performance Academy (USPA) and College Prospects of America (CPOA) have created a partnership in order to provide and expand support for young, college-bound student-athletes.

Student stories.



Open Wheel Racing

Juan started out racing go carts at 7 years old. Over the years, it became a more serious pursuit. For the past 3 years, Juan has been living in Europe in order to train and compete. Travel is a large part of his training and competing schedule. He has traveled to Ecuador, USA, Colombia, Australia, and almost...

<https://gouspa.org/person/juan/>



Kayaking

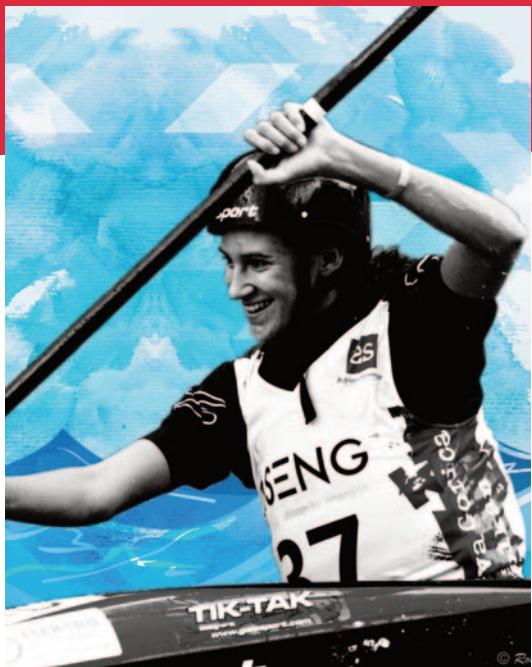
Seu is a whitewater slalom kayaker and a flat-water sprint kayaker. She was inspired by her parents who were white-water slalom kayakers. Her father is an Olympic gold medalist from the 1992 Olympics. Kayaking is a unique and challenging sport. Most people don't know that these athletes cross-train through weightlifting and running. Seu is able to travel...

<https://gouspa.org/person/seu/>



Alpine Ski Racing

Allison Mollin Alpine Ski Racing Ranked #1 in downhill in the U.S., Allison was one of the youngest to compete at the U16 National Championships. Allison plans to race on the World Cup circuit (and maybe become an EMT or ER physician as well)! She is all character and a great competitor. She follows the...
<https://gouspa.org/person/allison/>



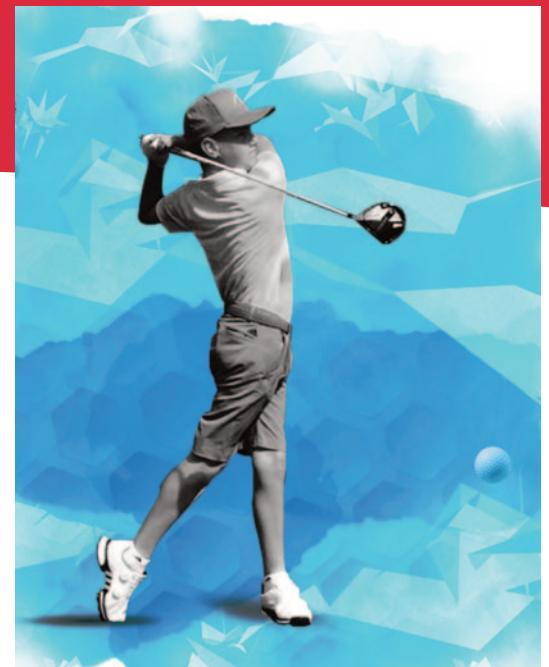
Canoe Slalom

Ria started out as a recreational white-water kayaker in 2008 at the age of 6. Her father, who was born in Slovenia, had been a kayaker his whole life so she was very excited to follow in his footsteps. In 2014, her father decided to take Ria and her family to watch the Canoe Slalom World Championships...
<https://gouspa.org/person/ria/>



Soccer

"Soccer gives me a feeling that nothing else does. I've loved the game since I was three and kicking around a soccer ball. One day I will be a DI player and hopefully professional." – Cole Cole's hero is his father for too many reasons to count. He believes you have to take responsibility for...
<https://gouspa.org/person/cole/>



Golf

Frank's Instagram page @frankkennedygolf is filled with famous golfers and some very promising results. At the age of 11, Frank shot a 75-74-149 to win at the Doral Publix World Junior, a tournament that featured an international field of nearly 700 junior golfers representing 45 countries. He's won British Championship...
<https://gouspa.org/person/frank/>

How to apply.

Your journey with USPA starts here. Our application process is designed to identify the unique qualities in each of our candidates; we look forward to learning more about the strengths you can bring to our school community and the ways in which we can best support you.

Easy application process:

Complete the online USPA application.

Submit an Official Transcript request form from your current or previous school.

Submit two letters of recommendation

One letter from a current or previous english or math teacher.

One letter from a current or previous coach.

Schedule an interview with a member of the USPA Admissions staff.

“ “

We look forward to learning more about the strengths and the ways in which we can best support you.

Tuition.

\$11,900 annually for high school

\$10,500 annually for middle school

Individual Athlete high school tuition baseline:
\$12,100 per academic year.

Sibling, organizational, and military discounts are available. Please inquire for official tuition estimate.

USPA offers payment plans.

APPLY NOW
[CLICK HERE](#)



The journey starts here.

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USPA
US PERFORMANCE ACADEMY



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ATTEND A VIRTUAL TOUR

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