

UPHILL 5 DIVISIONS

Skill Development

focuses on the understanding, knowledge and creativity of the sport as well as the pure skill component. We want to assure athletes are not simply playing the game but understanding the game.

Sport Psychology

uses psychology knowledge and skills to address optimal performance and well-being of athletes, developmental and social aspects of sports participation, and systematic issues associated with sports settings and organizations.

Strength And Conditioning

improves sport-specific strength, power, speed and endurance while decreasing injury risk. Physical performance and injury prevention are important in the longevity of ones career.

Nutrition

fuels the body to perform at the highest level. What is nutrition? Eating the right foods at the right times, in the right quantities for your bodies specific needs.

Academics

Career advising

help identify strengths and weaknesses and offer advice, support and encouragement. Explore evaluate and clarify career objectives in order to plan strategically to achieve career goals

- Individual advising
- Workshops
- Networking events
- Internship Program
- Mentoring Program

Academic advising

- SAT preparation
- NCAA Expert (eligibility center and qualification)
- Exam preparation
- Study tools development
- Time management
- Tutoring



Contact Information

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Company Overview

Uphill is bringing a team of professionals together to help student athletes maximize their potential. Our focus is to enhance sports performance as well as provide guidance and prepare them for careers after sports. Our performance enhancement team consist of skill development trainers, sports specific strength and conditioning coaches, nutrition consultants, sport psychology consultants and academic counselors. Together our team will work collectively to educate and develop personalized strategies that will positively impact lives.



"there is no secret to success"



"balancing hard work
with smart work"



Athletic Resources Company