



High school athletics have been known to not only improve the overall health of teens, but to also instill the value of hard work and teach skills such as resilience, time management, personal responsibility, and attitude control. Through healthy competition, athletes are able to discover the challenges of winning and losing and better understand their own abilities and talents. While many athletes enjoy the competitiveness and camaraderie, sports also serve as a therapy that offers individuals a physical outlet for troubles and emotions. Team sports provide opportunities for athletes to interact with coaches, mentors, and peers, and often lead to the development of well-rounded individuals. As a result of all the associated benefits, the number of participants in high school sports has reached an all-time high (NFHS). These numbers are increasing significantly and are leading to increased competitiveness, therefore putting increased pressure on athletes.

Heart Over Height Training aims to instill athletes with a solid work ethic that values practice and rewards perseverance and hard work. We teach discipline, personal responsibility, and self-motivation so that athletes are able to better handle the pressure that is associated with the growing competitiveness seen in today's athletics. In addition to mental toughness and focus, HOHT aims to expand and build on the physical abilities and fitness levels of our athletes. We are able to achieve success by integrating imagery, sports psychology, weight training, and speed and agility drills into well-rounded workouts. As a result, our clients will be able to strengthen their skills and separate themselves from the average athlete.

HEART OVER
HEIGHT TRAINING