

2024 QAR PLAN “A” PROGRAM



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2024 QAR PROGRAM WEEKLY TRACKING PROGRAM DESCRIPTION

The **QAR** (Quarterly Assessment Review) , previously the (Quarterly Athletic Regimen), is in its 5th year of evolution. As a part of the FITRM umbrella of programs, “Continual Improvement” is the basic cornerstone of this program.

The concierge type evaluation system is created to manage a student’s growth based on each individual's long and short term goals. After over 30 years of experience working with student athletes, it is our belief that a program that assists the family through the seasonal transitions is necessary to make each of these transitions flow as smoothly as possible.

Though we can’t guarantee results, what we can assure each participant and their family of is an opportunity to be involved in a program that allows the student to set clear objectives, monitor performance and cultivate the skills necessary to obtain the required life skills needed at the next level of success.

The evaluation process will continue to offer quarterly consultations, success check ups with the students and their families, along with customized progress reporting for those who choose that as an option.

There are 4 different attached plans to choose from. Please take a look at the options and let us know as soon as possible if you are interested. We will then set up the initial consultation and enroll each student in our 2021 program.

1. Monthly Exercise, Eating and Sleep Tracking along with any other Specialized Student Challenges
2. An Annual 2 Hour Consultation for Planning and Goal Setting
3. 3 Quarterly One and a Half Hour (1 ½) Hour Consultations
4. Quarterly Participation in a Personal Development Workshop
5. Quarterly Participation in Personal Development Assignments
6. Weekly Check-In by QAR Administrator to Track Success

There is a one time cost of \$3150 for participating in the program which will be collected at the end of the Initial Consultation with each family.