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ISA

**NOW
BUILDING
THE NEXT
GENERATION
OF
ATHLETES...**



Summer 2022





THE ISA STANDARD OF EXCELLENCE

The ISA Standard of Excellence is built on accountability to foster the holistic development of student-athletes.

We will be better today than we were yesterday. We agree to challenge ourselves, and be challenged by our coaches, teachers, and teammates. We will push ourselves to be stronger academically, athletically, socially, and emotionally, to become high-character leaders in sports and in life. We will be tested against the best every single day. When nobody is watching, we will put in the work and earn our keep, so when it's game time,

we're ready. Pride and preparation will drive us to achieve our highest level of performance, in all aspects of life, no matter how much work it takes.

We will never make excuses. We will always be prepared. Sometimes we will learn through success, and sometimes through failure. When the odds are stacked against us, we will find a way. The ISA Standard of Excellence calls on us to be our best self, every moment of every day.

Mission

“To enhance the quality of the student-athlete experience by providing access to training, preparation, education, exposure, and leadership development.”



154

ISA Graduates Moved on to Play in College (2015-2020)

The ISA Advantage



2022

Now more than ever, competition amongst student-athletes is fierce. Providing the edge necessary for the next level is a multi-layered, holistic approach.

Academics, skill-development, performance training, nutrition, mental skills and exposure are all vital components to complete at the varsity

high school, AAU and College levels. NBA and Pro athletes typically begin this track by the time high school begins.

ISA offers year-round, total student-athlete development through programming that is consistent with NCAA Colleges and Pro sports teams available to all skill level athletes.



ON CAMPUS

Programming for the future of student-athlete development, the International Sports Academy (ISA) has built a proven formula to assist young men and women reach their athletic and academic potential by providing resources that are not typically readily available in one singular location.

ISA Summer Programs train on the campus of Andrews Osborne Academy in Willoughby, OH (25 min. from Cleveland, OH/CLE Airport). The ISA programs provide athletic training and academic preparation to athletes from across the globe. Cleveland, one of the most ethnically diverse American cities, provides a premier geographical location to offer academy-based

training and allows ISA to prepare young men and women for an ever-changing global society.

With over 60 years of combined experience in high school, prep school, and collegiate coaching between ISA's senior staff, ISA implements a tested and proven core program for student-athletes who desire excellence. ISA programs are designed to help student-athletes of all abilities and ages excel academically, athletically, socially, and culturally. ISA offers year-round sports programming consistent to NCAA and professional teams.

IN THE GYM

Training & Development

Many student-athletes seek guidance with identifying the best training method to meet their goals.

Our staff works individually with each student athlete to develop a training program that builds upon strengths and identifies improvement areas.

Our focus is on:

- One-on-one skills
- Motion Principals
- Performance (speed, strength, agility)
- Nutritional & Recovery Mind-set

Exposure & Competition

Our athletes will play in front of college coaches and high school rankings scouts during tournament play and will learn how to play hard, work together, and excel in front of basketball analysts.

Cultural Experience

At ISA, team building is more than just on the court. Learning about different cultures, meeting new friends from across the globe, and participating in engaging, skill-building activities is a priority our staff offers to students.

We believe learning is synonymous with experience and our training and competition environment builds character and diverse leaders.



ISA BALANCES

- ✓ **ACADEMICS**
- ✓ **ATHLETIC DEVELOPMENT**
- ✓ **NUTRITION & RECOVERY**



In the Performance Center

Athlete Development

Our Strength & Conditioning coaches use their background as musculoskeletal and movement specialists to develop athlete specific phase training programs which allow athletes to enhance their quality of movement and athletic performance. As part of our athlete's programming, ISA focuses on biomechanics, movement quality, muscle imbalances, strength/conditioning, and manual therapy/recovery techniques.

Individual Attention Areas

Our athletes improve in the following:

- Speed
- Strength
- Agility
- Flexibility
- Overall Conditioning

Recovery Training

Knowing the "WHY" behind each exercise that an athlete performs creates purpose and intent allowing the athlete to reach the optimal level of performance required to excel at their sport. Athletes of ISA will not only have a better understanding of recovery processes, but a knowledge and experience developing and implementing sports performance training programs for high-level athletes. The ISA training philosophies and implementation have become highly recognized throughout the United States.





Training is the building blocks of a successful foundation for any athlete. At ISA we implement experienced coaches with state-of-the-art technology to provide participants with the best knowledge and data to analyze their game for improvement.

Facts



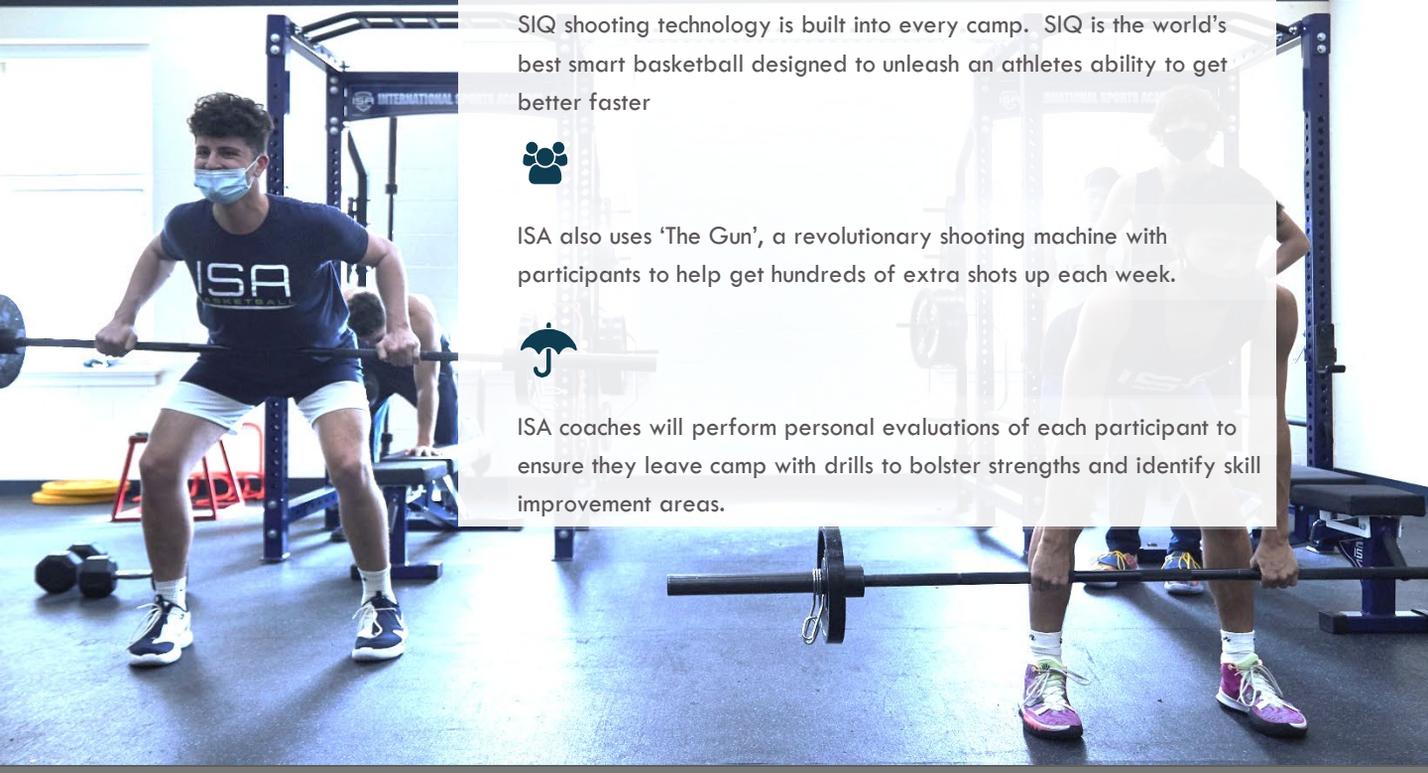
SIQ shooting technology is built into every camp. SIQ is the world's best smart basketball designed to unleash an athletes ability to get better faster



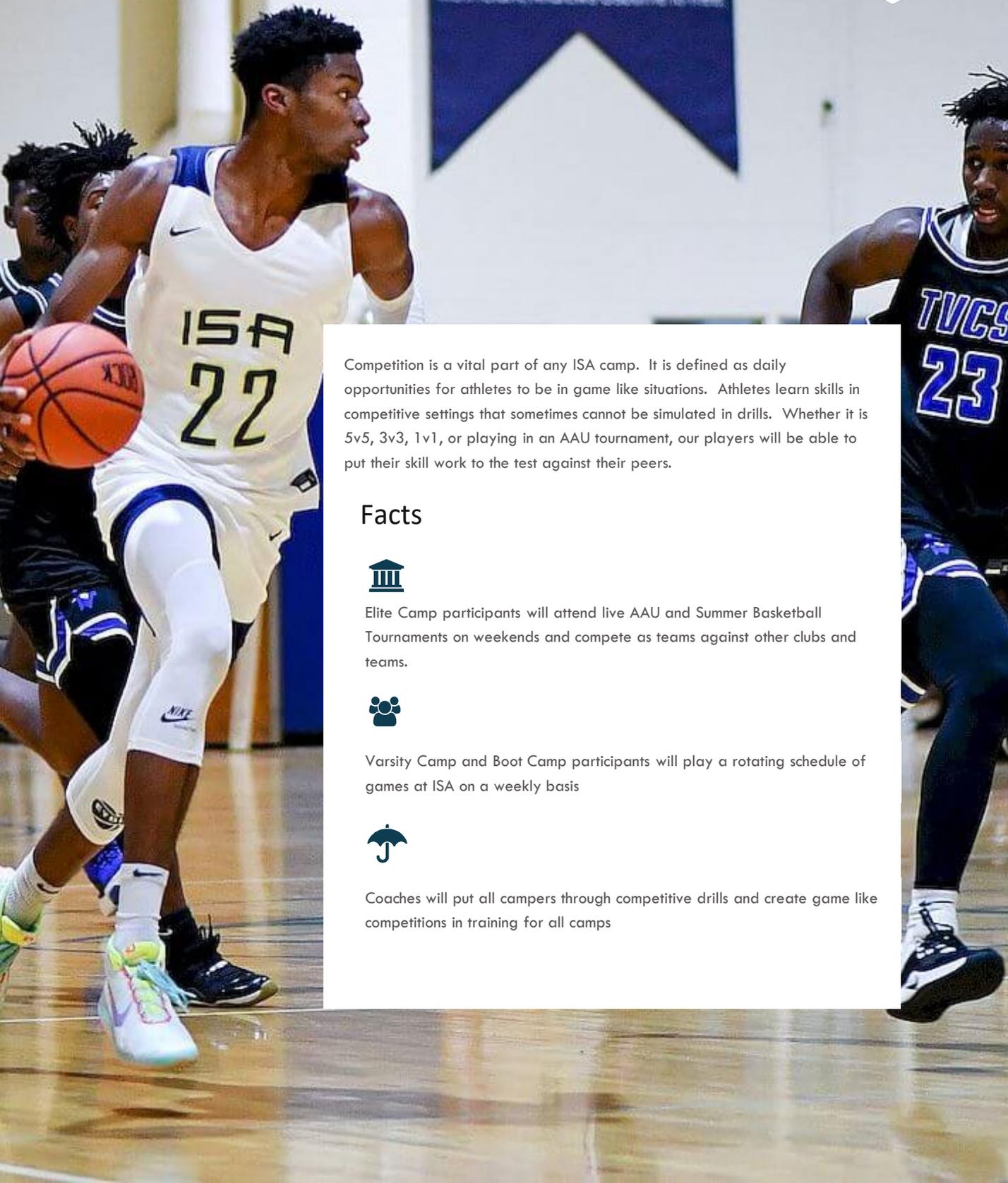
ISA also uses 'The Gun', a revolutionary shooting machine with participants to help get hundreds of extra shots up each week.



ISA coaches will perform personal evaluations of each participant to ensure they leave camp with drills to bolster strengths and identify skill improvement areas.



COMPETITION



Competition is a vital part of any ISA camp. It is defined as daily opportunities for athletes to be in game like situations. Athletes learn skills in competitive settings that sometimes cannot be simulated in drills. Whether it is 5v5, 3v3, 1v1, or playing in an AAU tournament, our players will be able to put their skill work to the test against their peers.

Facts



Elite Camp participants will attend live AAU and Summer Basketball Tournaments on weekends and compete as teams against other clubs and teams.



Varsity Camp and Boot Camp participants will play a rotating schedule of games at ISA on a weekly basis



Coaches will put all campers through competitive drills and create game like competitions in training for all camps

EXPOSURE

Interviews Osborne Academy



ISA Partners



Exposure to high school varsity and college coaches is an important part of an athlete's process. ISA strives to ensure participants are promoted in a positive way to any potential coaches or scouts, as well as films games for participants to have footage of their play on the court. ISA follows all NCAA rules in regards to exposure, but feels it is an important part of any great camp!

Facts



Elite Camp participants will attend live AAU and Summer Basketball Tournaments on weekends of which various college coaches are eligible to attend



Varsity Camp and Boot Camp participants will have the opportunity to receive filmed copies of games played at camp



ISA will highlight participants with a player profile and evaluation at the end of camp that can be added as a reference for future try-outs or college coaches

ISA SUMMER PROGRAMS

Program	Ages	Dates	Cost
Elite Camp	Ages 14-18 (Grades 8 th -12 th)	Session #2 July 9-24	Boarding: \$2,895



Non-Boarding student tuition includes training at ISA campus, lunch on training days, and staff evaluation

Boarding Student tuition includes housing, meals, training at ISA campus, daily care from ISA staff, week- end tournament or activities and staff evaluation

Elite Camp requires full session commitment, Varsity, Jr. NBA, & Boot Camp can be attended for ½ Session at 50% of cost

Sample Daily Training Camp Schedule

8:30 am	Breakfast
9:00 am -12:00 pm	Individual skills & Performance Training
12:00 pm	Lunch
1:00 - 4:00 pm	5v5 and Team practice
5:30 pm	Dinner
7:00 pm	Evening Activity & Team Building
10:00 pm	Return to Dorm
10:30 pm	Lights Out

Elite Camp

Elite camp is designed for student-athletes who have finished grades 8-12 and are serious about playing basketball at the college level. Elite camp has three components that make it a very special program at ISA. 1. Skills Development- Athletes train on the court on their basketball skills as well as in the Performance center on their athleticism. 2. Competition- ISA's most competitive camp, athletes will follow weekly training with participation as a team in actual games at AAU tournaments on weekends. 3. Exposure- Athletes will get exposure to college scouts and coaches by participating in Elite Camp. ISA will also help guide athletes through the college recruitment process and teach them how to separate themselves from other players.





ISA



Campus Life

Nestled amongst the natural forested beauty of AOA's 300-acre campus, "Dorm Circle" is home away from home for our summer athletes. The seven residential houses found here are a short walk from the student union, the dining hall, and all training buildings

New kitchens and new bathrooms were installed in 2015

"House Coaches" live in each residential house, providing comprehensive supervision, safety, and support. Student rooms are primarily set up as doubles, but some houses possess bigger spaces for triples and/or quads.



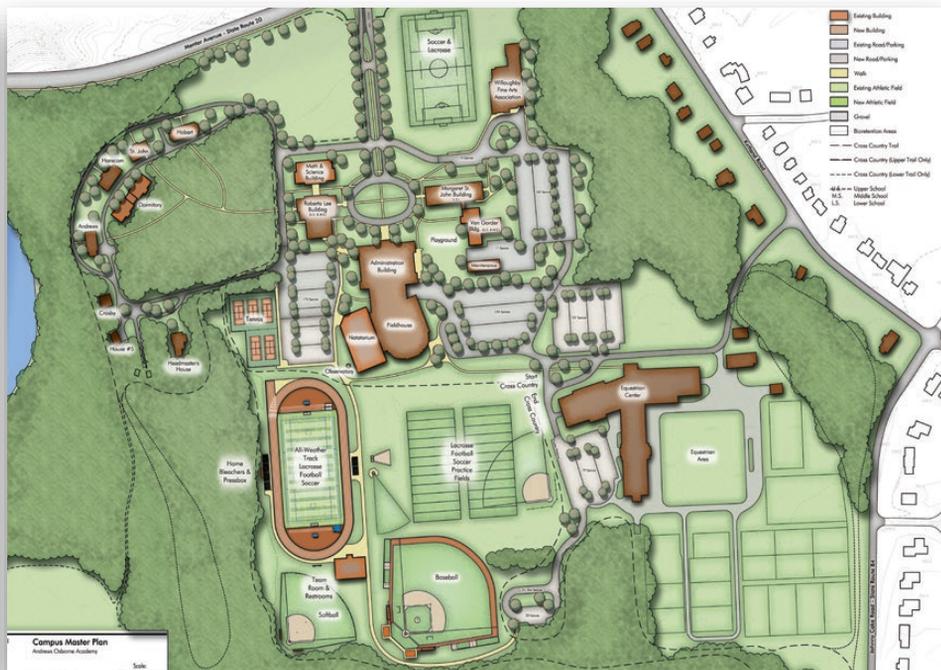
Each house has its own laundry facilities, so you can keep yourself looking tip-top



Each house has cable TV for general use in its common area and Wi-Fi connectivity for your academic and entertainment needs



Nationally and regionally top-ranked Lake Health Hospital, Cleveland Clinic, and University Hospital are all nearby and available to athletes.



Core Values



Community



Creativity



Global Awareness



Diversity



Leadership

Residences



From Left to Right Clockwise Rotation: Top Left, Main Entrance, Residence Room #1, Residence Room #2, Residence Hall Kitchen, Residence Hall Common Area



Community



Creativity



Global Awareness



Diversity



Leadership

Facilities



From Left to Right Clockwise Rotation: Top Left, Basketball Gymnasium, Drone Overview of Campus, On Campus Café & Shop, Cafeteria, Residence Hall, Student Union



Community



Creativity



Global Awareness



Diversity



Leadership



Bob Bossman

Executive Director of Academy

Having founded and directed multiple sports academy programs since retiring from playing, Bob has taken ISA globally through partnerships with educational agencies and schools across the world.



Dave Briski

National Prep Head Coach

A nationally successful college and prep coach, Dave has immense experience and familiarity with the ever changing high school and college athletic landscape which enables him to successfully direct ISA training programs while building strong relationships with student-athletes and their families.



John Kopcsó

Executive Director of Athletics

A well respected former collegiate coach, recruiter, and clinician, John has extensive experience in program development and delivery which enables offering of the ISA brand across the world to diverse groups of student-athletes and customers.



Sean White

National Prep Associate Head Coach

A successful coach at the high school, prep school, AAU and pro level, Sean has developed a strength in player development on and off the court. Derived from high level NBA G-League and AAU training, Sean designs elite caliber player development that can be applied to athletes of all ages and skill sets.



Dan Karliak

National Post-Graduate Head Coach

Having previous experience at multiple large scale sports academies, Dan's talented approach to promoting student-athletes enables ISA to maintain high levels of success in college placement and exposure for student-athletes.



Matt Walsh

National Varsity Head Coach

A former NCAA College high academic student-athlete, Matt has played at the highest level to ensure players are taught necessary fundamental skill development



Belal Yunus

National Post-Graduate Head Coach

A former Division I and Division II college coach, Belal is able to relate to athletes wanting to reach the next level and assist in college recruitment. Belal has also coached national level AAU teams over his career helping athletes get exposure.



Jesse Bender

National Varsity Assistant Coach

A successful prep high school coach prior to arriving at ISA, Jesse assists in all player personnel needs while providing individual skill workouts to ISA athletes.



Angel Maldonado

National Post-Graduate Assistant Coach

A previous state championship winning coach at the high school level, Angel works closely on player development and fundamental skills training. A veteran in the youth and high school basketball communities Angel helps provide young people an outlet to reach their maximum potential on and off the court.



Dr. Jack Lemmon, PT

Head Sports Performance Coach

Dr. Jack's passion for improving athletic performance is what started his path towards a hybrid training style incorporating sports medicine, injury prevention, and sports performance training. Jack has also worked in physical therapy treating orthopedic and sports injuries for more than a decade.

" The ISA coaching staff has taken the time to get to know my son not only as a basketball player, but as a young man. They have helped push him to a maturity level that instills leadership qualities in Keon that he did not have before attending the ISA program. He will be more prepared for college because of it."

-Michelle Hylton
(mother of Keon Ambrose, class of 2020)





BASKETBALL WITHOUT BORDERS

One of ISA's standout centers, Charles Bediako (class of 2021), was selected and participated in the NBA and FIBA sponsored Basketball Without Borders camp February 2020 in Chicago. Charles has recruitment from top NCAA universities and is now being scouted by NBA teams as well.



College Readiness

Class of 2020 forward Keon Ambrose recently committed to the University of Alabama. Keon used the academic platform of ISA and AOA to improve his core GPA and test scores while excelling in the training program and in competition. Keon will now have a chance to fulfill his goal of playing in an NCAA tournament.

ISA class of 2020 guard Brad Colbert recently committed to the University of Louisville as a member of the men's basketball team. When Brad started at ISA, many universities did not even know his name. Brad used the competition schedule, daily training, and exposure to make himself a sought-after recruit to many NCAA Division I, II, and III universities. Brad also finished with a 4.0 GPA (highest marks) and honors recognition.





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Summer Academy FAQ



What is the best airport to fly into?

ISA can only provide transportation to and from Cleveland Hopkins International (CLE It is the closest airport to campus 30-minute drive).



How are the dorms arranged?

Dorm rooms have anywhere from 2-6 beds per room. Some beds may be bunk beds. All beds are Twin or Twin XL and students must bring their own linens, pillows, & sheets or purchase them upon arrival. Every dorm has a kitchen with refrigerators, laundry access, multiple bathrooms and showers, and a common living room with T.V. and Wi Fi. All dorms have adult supervision from staff. Students are expected to assist in keeping their room clean and will be checked prior to departure for cleanliness or damages.



How are meals arranged?

Students receive breakfast, lunch, and dinner daily. Meals prepared in our campus cafeteria or catered from local restaurants. Also light grocery items such as cereal, fruits, and snacks are available in dorms. Students are allowed to bring their own food and beverages and may store them in the kitchen. Special dietary needs can be accommodated.



Is there free time?

Yes, there is free time throughout the day for students to rest, participate in social activities with new friends, or train more. Weekends mostly consist of tournament play and are very busy, however our staff takes opportunities during the week to provide fun activities for students away from training in evenings.



How are injuries handled?

We have athletic trainers on site at tournaments to evaluate injuries. ISA is also in close proximity to the Lake Health Hospital network where students can see a sports medicine professional if need be. All students are required to carry their own health insurance. Daily care such as ice, taping, and access to stretch bands is available on site.

