SUPER SELECT TX

San Antonio • Bexar County • Surrounding Texas Communities

MISSION & VISION

Organizational Purpose, Core Pillars & Guiding Principle

MISSION

The mission of Super Select TX is to empower and equip student-athletes in San Antonio, Bexar County, and surrounding Texas communities through holistic athlete development, leadership, education, mentorship, and access to opportunity.

We help athletes develop the discipline, confidence, character, decision-making skills, and knowledge necessary to succeed both in competition and in life. Through structured athlete development, academic and career readiness, mentorship, and meaningful exposure, Super Select TX works to bridge the gaps between talent, preparation, and opportunity.

Super Select TX supports athletes across developmental stages, from foundational youth development through competitive performance and post-athletic transition, with programs designed to meet athletes where they are and help prepare them for their next stage.

VISION

Super Select TX envisions a community where athletes of every skill level have access to intentional, developmentally appropriate opportunities designed to help them reach their potential. Through carefully planned and monitored athlete development, education, mentorship, and access to meaningful relationships and opportunities, we seek to prepare athletes for success on the field, in the classroom, in their careers, and throughout life.

We envision a community where talent is not limited by circumstance and where every athlete is prepared, seen, and positioned to pursue meaningful opportunities and long-term success.

OUR PURPOSE

“To develop the whole individual, not just the athlete.”

At Super Select TX, we recognize that athletic ability can open doors, create opportunities, and take athletes places they may never have imagined. But the larger question is: What happens when the lights and cameras are off?

Our purpose is to develop the whole individual through decision-making, clear goal setting, foundational character development, critical analysis, experiential education, mentorship, discipline and commitment, understanding partnerships, and access to accomplished members of society who can provide perspective on what life can become beyond athletics.

OUR FOUR CORE PILLARS

- **ATHLETE DEVELOPMENT:** Age- and stage-appropriate physical literacy, skill development, training, performance planning, discipline, confidence, and sustainable athletic growth.
- **EDUCATION:** Academic assistance, continuing education preparation, hard and soft skills, career readiness, and life preparation.
- **MENTORSHIP:** Meaningful opportunities to learn from current and former athletes, professionals, educators, and community leaders who provide perspective and guidance.
- **ACCESS:** College exposure, parent and family networking, athlete showcases, athlete-to-athlete networking, community relationships, and online pathways for growth and opportunity.

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WHO WE SERVE

Super Select TX primarily serves student-athletes in San Antonio, Bexar County, and surrounding Texas communities. Programs may serve athletes across multiple sports and educational backgrounds, including public, private, charter, homeschool, and other appropriate educational environments.

Our programs are designed around developmental stages rather than a single age group, allowing Super Select TX to address the changing needs of athletes as they progress through foundational development, competitive performance, and transition beyond athletics.

OUR GUIDING PRINCIPLE

PREPARED. SEEN. POSITIONED.

We prepare athletes for their next step. We demonstrate that preparation through intentional development, visibility and exposure to meaningful opportunities and relationships, and positioning athletes to pursue success in athletics, education, careers, and life.

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ATHLETE DEVELOPMENT LIFECYCLE

A Six-Stage Framework for Holistic Athlete Development

Super Select TX follows six developmental stages designed to help athletes build a strong foundation, progress through appropriate training and competition, prepare for peak performance, and navigate transitions beyond competitive athletics. The stages provide a framework rather than a rigid prescription; individual development may vary based on age, sport, goals, readiness, and circumstances.

1. ACTIVE START & SAMPLING | Ages 6–9

Fundamental movement and physical literacy. Multi-sport participation, movement exploration, coordination, balance, agility, and basic athletic skills. Priority: build a broad movement foundation while reducing early burnout and premature specialization. Goal: develop confidence, coordination, enjoyment of movement, and a strong athletic foundation.

2. LEARNING TO TRAIN | Ages 10–12

Skill acquisition and structured practice. Progressive training with appropriate competition and introduction to basic tactics. Guideline: approximately 70% training / 30% competition, adjusted for sport and individual needs. Goal: develop sport-specific movement, foundational skills, discipline, and understanding of training.

3. TRAINING TO TRAIN | Ages 13–15

Physical development and skill consolidation. Progressive strength, conditioning, skill development, and increasing sport specialization when appropriate. Guideline: approximately 60% training / 40% competition, adjusted for sport and individual needs. Goal: build an aerobic and physical foundation while adapting training to growth and developmental changes.

4. TRAINING TO COMPETE | Ages 16–18

Advanced performance, tactical development, and competitive readiness. High-quality training, advanced tactical modeling, recruitment education, competition preparation, and exposure opportunities. Guideline: approximately 40% training / 60% competition, adjusted for sport and individual needs. Goal: maximize athletic development while preparing athletes for collegiate and other advanced pathways.

5. TRAINING TO PERFORM | Ages 19–25+

Peak performance and sustainable competitive development. Advanced training, performance planning, competition, leadership development, career planning, and appropriate collegiate, professional, or other high-level pathways. Goal: support athletes pursuing high-level competition while developing the skills, relationships, and life readiness necessary to sustain success.

6. TRANSITION & ACTIVE FOR LIFE | Ages 25–30+ and beyond

Career, identity, health, and life transition beyond competitive athletics. Continuing education, career preparation, recreational activity, coaching or mentorship opportunities, leadership, and transition planning. Goal: help athletes maintain physical well-being, develop new identities and roles, and successfully transition into the next stage of life.

DEVELOPMENTAL CONSIDERATIONS

Early Development & Specialization: Super Select TX emphasizes broad physical literacy and appropriate multi-sport participation during early development. Premature single-sport specialization may increase burnout and overuse concerns, so development should be individualized and age appropriate.

Peak Performance & Maintenance: As athletes progress, intentional training, recovery, performance planning, and appropriate use of technology and data can support sustainable development. Athletes also need support navigating performance pressure, public visibility, and the mental demands associated with competition.

Retirement & Transition: The end of competitive athletics can create significant changes in identity, routine, relationships, and purpose. Super Select TX seeks to prepare athletes for life beyond competition through education, career readiness, mentorship, health awareness, and opportunities to remain active and engaged.

THE SUPERSELECTTX APPROACH

DEVELOP THE ATHLETE. PREPARE THE PERSON. EXPAND THE OPPORTUNITY.

The six-stage model provides a common framework for coaches, mentors, families, and community partners while allowing individual plans to reflect an athlete's sport, developmental readiness, goals, and circumstances.