

Complete Student-Athlete Course Workbook

A 10-Week Academic & Athletic Mentorship Framework

Student-Athlete:

Grade/Class:

Mentor/Coach:

DIRECTOR'S NOTE

"At Two01 Basketball Academy, we don't just build basketball players—we build leaders, scholars, and high-character young adults. The work put into this 10-week program will lay the foundation for success long after the final horn sounds."

— Stacey Daniels Jr., Director

WEEK 01

Identity & The Dual-Threat Mindset

Theme: Reframing "Athlete" to "Student-Athlete First."

CLASSROOM FOCUS

- Setting a baseline GPA goal for the semester.
- Setting up an organized planner or digital calendar.
- Assessing core academic strengths and weaknesses.

ATHLETIC FOCUS

- Defining personal core values on and off the court.
- Understanding what it means to represent Two01 Basketball Academy.
- Establishing daily work ethic standards.

ACTIONABLE TASK: STUDENT-ATHLETE IDENTITY & GOAL MAP

Complete your foundational commitment map below for the 10-week program.

Target Semester GPA

Ex: 3.50 GPA

Primary Academic Strength

Academic Growth Area

Top 3 Personal Core Values (e.g., Discipline, Accountability, Effort):

1.

2.

3.

CLASSROOM FOCUS

- Time-blocking techniques for dedicated study windows.
- Prioritizing high-yield studying over passive reading.
- Eliminating digital distractions & screen-time audits.

ATHLETIC FOCUS

- Structuring pre-practice preparation and mental lock-in.
- Managing daily physical and mental energy expenditure.
- Balancing heavy training schedules with homework loads.

ACTIONABLE TASK: 7-DAY MASTER WEEKLY SCHEDULE

Map out your key non-negotiable blocks across the week to ensure balance.

Time Block	Mon	Tue	Wed	Thu	Fri	Sat/Sun
Morning / School						
Practice / Training						
Study / Homework						
Recovery / Free						

CLASSROOM FOCUS

- Active recall techniques vs. passive re-reading.
- Cornell note-taking structure for lecture retention.
- Breaking down major projects into micro-tasks.

ATHLETIC FOCUS

- Translating playbook study habits to academic preparation.
- Applying film study focus to reading comprehension.
- Identifying key class patterns like opponent tendencies.

ACTIONABLE TASK: THE 3-2-1 STUDY SYSTEM EXECUTION LOG

Apply this system to one core subject this week and document the results.

Target Core Subject:

Topic / Chapter Studied:

3 Core Concepts Mastered:

1.

2.

3.

2 Practice Questions / Problems Self-Tested:

1.

2.

1 Key Question to Ask Teacher/Tutor Next Class:

1.

Mental Toughness & Resilience

Theme: Bouncing back from mistakes—on the court and on the report card.

CLASSROOM FOCUS

- Dealing with test anxiety through preparation and breathing.
- Handling constructive critique from teachers productively.
- Overcoming low grades with proactive recovery plans.

ATHLETIC FOCUS

- Developing a "next-play" mindset after turnovers or errors.
- Managing high-pressure game situations with composure.
- Controlling emotional reactions under physical fatigue.

ACTIONABLE TASK: PERSONAL 5-SECOND RESET ROUTINE

Design your immediate step-by-step trigger to reset focus when high stress or adversity strikes.

1. Physical Anchor (e.g., Clap, deep breath)

2. Focal Cue (e.g., Look at rim/board)

3. Self-Talk Phrase (e.g., "Next Play")

How will you apply this specific routine in the classroom during exams?

Fueling the Machine (Nutrition, Hydration & Sleep)

Theme: Physical and mental performance start with recovery.

CLASSROOM FOCUS

- Impact of sleep on memory consolidation and retention.
- Maintaining cognitive focus during long exams.
- Avoiding afternoon brain fog with strategic nutrition.

ATHLETIC FOCUS

- Pre-game and post-game fueling nutrition basics.
- Hydration strategies for endurance and cramp prevention.
- Sleep hygiene principles for peak athletic power output.

ACTIONABLE TASK: 7-DAY PERFORMANCE & RECOVERY TRACKER

Track daily sleep, hydration, and meal consistency to optimize performance.

Metric	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Sleep Hours (Goal: 8+)							
Water Intake (Ounces)							
Pre/Post Fuel Quality (1-5)							

CLASSROOM FOCUS

- Respectfully self-advocating with teaching staff.
- Proactive communication before missing class for athletic events.
- Seeking extra help early rather than right before exams.

ATHLETIC FOCUS

- Receiving direct, constructive coaching without defensiveness.
- Positive non-verbal body language on the bench and court.
- Being a clear, supportive vocal teammate.

ACTIONABLE TASK: PROACTIVE TEACHER CHECK-IN LOG

Conduct and log a proactive, in-person check-in with two current teachers.

Teacher 1 / Subject:

Teacher 2 / Subject:

Key Takeaway / Feedback Received:

Key Takeaway / Feedback Received:

CLASSROOM FOCUS

- Evaluating peer influence and choosing the right inner circle.
- Setting high standards for classroom behavior and participation.
- Encouraging struggling peers in group projects and assignments.

ATHLETIC FOCUS

- Fostering a team-first mindset over individual stats.
- Holding teammates accountable to team standards.
- Maintaining vocal leadership during tough conditioning or losing runs.

ACTIONABLE TASK: CULTURE BUILDING & ENCOURAGEMENT LOG

Deliver an intentional note or verbal shoutout to a classmate and teammate this week.

Classmate Name & Encouragement Given:

Teammate Name & Encouragement Given:

Goal Setting & Execution Systems

Theme: Converting ambitions into daily actionable habits.

CLASSROOM FOCUS

- Setting SMART academic goals for upcoming midterms/finals.
- Tracking daily assignment completion diligently.
- Maintaining grade thresholds across all subjects.

ATHLETIC FOCUS

- Setting measurable skill-development targets (e.g., shooting %).
- Tracking defensive metrics and hustle stats.
- Consistently hitting physical conditioning benchmarks.

ACTIONABLE TASK: MID-TERM GOAL EXECUTION MATRIX

Establish 3 clear goals with specific daily habits attached to ensure achievement.

Academic Goal

Ex: Get A- in Chemistry

Daily Habit Attached:

Athletic Goal

Ex: 80% FT Shooting

Daily Habit Attached:

Personal Goal

Ex: Read 10 mins daily

Daily Habit Attached:

Personal Branding & Social Media Responsibility

Theme: Protecting your name, your family, and your academy.

CLASSROOM FOCUS

- Understanding digital footprint awareness and longevity.
- How college recruiters and admissions staff evaluate profiles.
- Long-term reputation management in digital spaces.

ATHLETIC FOCUS

- Representing Two01 Basketball Academy on and off the court.
- Post-game interview and media engagement basics.
- Public speaking confidence and body language.

ACTIONABLE TASK: SOCIAL MEDIA AUDIT & BIO ALIGNMENT

Review existing social profiles and align public information with collegiate standards.

Audit Checklist Completed?

- ☐ Deleted inappropriate posts/comments
- ☐ Professional handle/username set
- ☐ Profile photo represents athletic/academic focus

Updated Profile Bio (Academic & Athletic Focus):

Ex: Two01 Basketball | Class of 2026 | 3.8 GPA | Guard

CLASSROOM FOCUS

- Understanding NCAA eligibility basics & core course GPA.
- Standardized testing and academic requirements.
- Exploring career paths outside of active athletics.

ATHLETIC FOCUS

- Final progress review across the 10-week program.
- Creating a long-term athletic development roadmap.
- Sustaining the high standard beyond program completion.

ACTIONABLE TASK: THE COMPLETE STUDENT-ATHLETE MANIFESTO

Draft key declarations for your final presentation at the program showcase.

I am a Student-Athlete First who stands for:

My daily non-negotiable standard on and off the court is:

My long-term vision beyond sports includes: