



Training *for Life*™

Fast Twitch Foundation

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SportsTrainLife.com

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- Our Motto:** Training *for Life*
- Our Culture:** Pursuit of Excellence
- Our Mission:** Sport is our instrument to assist at-risk youth and young adults in adopting key skills necessary to be successful in life. Discipline, defining goals, coping with success and failure, social skills, and leadership are conveyed in the context of sports with a mentoring program to provide academic and career support. An opportunity for elite sport development and Olympic participation is provided in Track Cycling.
- The Experience:** Immersion in diversity from all walks of life seeking high level of success in health, family, friends, school, work and sports.
- Benefits:** Commitment to the pursuit of goals. Coping with success and failure. Engaging peer diversity. Exposure to leadership and team. Life, academic and career guidance. Active lifestyle.
- Life Goals:** Develop a skill. Finish school. Earn a job. Raise a family. Pursue, perhaps participate, in LA28 Olympic Games.

