

LST OPPORTUNITIES

- Small Groups
- Boxing
- ELTP
- Game Ready
- One on One
- Vertimax
- Performance Training
- Customized training



LST SPRING GROUP SESSIONS

Sundays

- 11:00am | Performance Training w/ Coach KD

Mondays

- 4:30pm | Game Ready Fundamentals w/ Coach Prather - **Limited Slots Available.*
- 5:30pm | Elite Level Training Program (ELTP) w/ Coach Williams - **Select Invitation 7th-9th Grade Boys - Limited Slots Available.*

Thursdays

- 7:15pm | Game Ready Select w/ Coach Holland - **Select Invitation 4th-6th Grade Boys Group - Limited Slots Available.*

Fridays

- 4:30pm | Game Ready Select w/ Coach Prather - **Select Invitation 4th-6th Grade Girls Group - Limited Slots Available.*
- 5:30pm | Game Ready w/ Coach Prather - **Select Invitation 6th-8th Grade Girls Group - Limited Slots Available.*
- 7:30pm | Small Group w/ Coach Proctor - **Select Invitation 6th-7th Grade Boys Group - Limited Slots Available.*

To learn more, or to register for a Group session, please go to our website and purchase a pass (discounts available for D1SA Athletes):

<https://loudounsportstraining.com/>

Upcoming Events

- BRIDGEFEEDS Clothing Drive Drop Off: April 17 - 30, 2023 Shop Day: May 1st, 2023
- Mother's Day Car Wash Fundraiser May 13, 2023
- D1SA is going to Costa Rica! May 26 - 29, 2023

QUICK LINKS

- [D1SA Website](#)
- [D1 Basketball](#)
- [D1 Football](#)
- [D1 Sports & Athletics](#)
- [D1 STORE / SPARTAN GEAR](#)

CONTACT US

- [D1SA Management](#)
- [Fundraising/Outreach Committee](#)
- [Coaches Committee](#)
- [Team Managers](#)
- [D1 Basketball Group](#)
- [D1 Football Group](#)



D1 SPORTS & ATHLETICS - BACK COURT NEWS

"WE CREATE FUTURE LEADERS AND BUILD COMMUNITY WITH A PURPOSE USING SPORTS." ERIC WILLIAMS, DIRECTOR

D1SA stands as Loudoun's Powerhouse in leading the new generation of Spartans into battle against all odds. We develop teams and athletes within a proven program. Today, we hope to bring our spartan philosophy to life within each athlete with no retreat, no surrender and NO FEAR!



SHOOT-A-THON CHALLENGE

Huge THANK YOU to everyone who came and participated during our first March Madness Shoot-A-Thon fundraiser. The event was a success!



With your support, we raised \$2382.71, and we made a donation of \$480.00 to the Boulder Crest Foundation, a Virginia non-profit organization that creates a pathway for veterans and first responders to turn their struggles into strength. THANK YOU!

"SKIP 2 MY LOU" SPRING BREAK CAMP

We had a great 2-day mini Spring Break Camp and "Meet & Greet" with NBA legend "Skip 2 My Lou" Rafer Alston!



The Spartan Nation is Thankful!

D1SA/ACACIA BRIDGEFEEDS CLOTHING DRIVE

D1SA and ACACIA Church are partnering to host a day of "Free Shopping" for low-income families in our community, who are part of the BridgeFeeds program. By donating items and volunteering, you won't only be helping those families in need, but you'll also be changing their lives!

If you are "Spring Cleaning", please consider donating to our cause.



We are accepting new or "gently used" kids, babies, adults clothing in all sizes, shoes, toys, bedding and household items in good condition. We also need lots of volunteers! Please pick and sign up for a shift (or a few) here:

<https://www.signupgenius.com/go/20F0944ADAF23A0FC1-bridgefeeds>

Thank you so much!

MOTHER'S DAY CAR WASH FUNDRAISER

Join us for our Mother's Day Car Wash fundraiser at the BriteWash Auto Wash in Leesburg!



All donations will go towards our basketball teams and programs.

Our D1SA kids will be assisting with preparing cars, flagging customers in, and other small tasks.

WHEN: Saturday, May 13th, 2023 from 7:00pm to 10:00pm

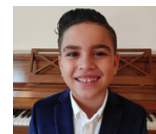
WHERE: BriteWash Auto Wash
100 Robinson Mill Plaza SE,
Leesburg VA

Invite your friends to join us!

For more info: d1safundraising@d1-sportsathletics.org

To sign up for a volunteer shift, go to: <https://www.signupgenius.com/go/20f0d45adab2a1fe3-d1sa2#/>

FEATURED SPARTANS



Congratulations to 5th Grader, Gadiel Fernandez, who will perform at Carnegie Hall, in

NYC, after winning FIRST Place at the Old Dominion Association of Church Schools Piano Competition, for the second consecutive year!

We also want to congratulate all our kids and coaches who have won 1st Place this month! Keep up the good work, and make us PROUD!



D1SA FOOTBALL

D1SA SPARTANS FOOTBALL LOUDOUN'S #1 YOUTH TACKLE FOOTBALL PROGRAM

WE BUILD CHAMPIONS & FUTURE LEADERS

\$50 DOWN PAYMENT PLAN AVAILABLE

OPEN TO ATHLETES AGES 7-14YRS

REGISTER TODAY AT: WWW.D1SPARTANSFOOTBALL.ORG

INSTA: @D1SPARTANSFOOTBALL

Visit the D1SA Football website for more information, or to register: <http://www.d1spartansfootball.org>