All In One Sports Inc.

After School Program

St. Francis Xavier : Fall Season : Flag Football

Building Skills. Shaping Character. Creating Fun. All In One.

About AIO Afterschool

The All In One Sports After School Program brings the benefits of athletic participation, fitness, teamwork, leadership, and fun, directly to your school campus; keeping students active after the final bell! The AIO After School Program delivers a high-energy culture and comprehensive multi-sport experience for students in Pre-K through 8th grade. The featured sport for this Fall Season is Flag Football with a focus on skill development and team activities. Students will learn the fundamentals of Flag Football while practicing teamwork, leadership, and sportsmanship - all in a fun, supportive setting that celebrates effort and growth.

AIO After School offers a structured, inclusive, and dynamic sports program that builds not only athletes, but confident young people. AIO hones in on the qualities of great athletes, and even better people through our intentionality in developing the youth with fundamentals in their sport and character development for life.

Program Structure

Each AIO session is carefully designed to balance fun, skill development, and teamwork.

A Typical Day with AIO Afterschool:
1. Check-In & Warm-Up (10 min) – Warm-up & group games to transition from classroom to play.
2. Skill Focus (20 min) – Fundamentals & skill work of the featured sport.
3. Game Play (25 min) – Games & competitions that reinforce the day's skills.
4. Team Huddle (5 min) – Reflection

What Kids Gain

- Mentorship
- Skill Development
- Teamwork & Communication skills
- A Safe Structured Place to Participate
- Positive mindset, discipline, leadership
- Improved fitness, coordination, and confidence
- Fundamental Skills & Knowledge - Understanding Rules, Strategy, & Teamwork

Who Can Join

The AIO After School Program is exclusive to the students of each host school, creating a strong sense of community and school pride.

Students are grouped by grade level and skill, ensuring every child is challenged and included.

Fall Sports Season

Featured sport: Flag Football

Staff & Safety

All AIO coaches are retired or current athletes, from amateur to professional athletes. Our coaches are trained and equipped to lead and teach the next generation. We prioritize safety, inclusion, and positive coaching in every session.

Our coaches focus on encouragement, teaching fundamentals, and creating an environment where every child feels like a part of the team.

In addition to our core AIO coaching staff, we aim to include and empower students within the school community. We welcome the opportunity for high school students within each host school or community to join our team as student assistants, supporting coaches during sessions.

This collaboration not only provides valuable leadership, service, and internship experience for students but also helps build school pride and representation within the program.

Program Schedule

- **Season:** Fall
- **Days:** 1 Day a Week
  Duration: 4 Session Season
- **Time:** 3:00 - 4:00 pm
- **Session Dates**:
  - Session 1: Friday, 10/23
  - Session 2: Thursday, 10/30
  - Session 3: Thursday, 11/6
  - Session 4: Friday, 11/13

Pricing & Registration

Program Fee: $145

*This fee covers registration, program fee, and participant T-shirt.

*Family discounts available for those registering more than one child. Please contact us by email if a family discount would apply to you.

Contact Us

All In One Sports

📧 aio.allinoneinc@gmail.com

🌐 allinonesports.info

📞 (239) 989-4771

📍 Serving schools & communities across SWFL