

YOU BUILD THE ATHLETE. WE BUILD THE PERSON.

You get them one hour a week. *Who builds them the other 167?*

You've coached this player: the talent is real, the sessions are sharp — and then the week swallows it. No sleep routine, no plan, confidence that collapses after one bad tryout. Mentora pairs your athletes with vetted college athletes who've lived the pathway they're chasing — weekly structured mentorship on the habits, resilience, and composure that decide whether your technical work actually shows up on the field.

AGES 12-14

High School Ready

A 12-month program for ages 12-14: time ownership, bouncing back from setbacks and being benched, self-knowledge, composure at tryouts, and confidence in new teams and rooms.

AGES 15-18

College Ready

The recruiting-years layer: a player who manages their own training week, handles pressure, and can speak for themselves — to coaches, scouts, and college programs.

WHY COACHES RECOMMEND MENTORA**01**

Your work sticks

Structure between sessions is the difference between a player who compounds your coaching and one who resets every week. That structure is what we install.

02

Zero lane conflict

We never touch technical or physical training — no sessions, no programming, no opinions. Sport-specific development stays entirely yours.

03

Parents hear it from you

Recommending a vetted mentorship layer makes you the coach who develops the whole player — the kind families stay with and refer their friends to.

HOW THE PARTNERSHIP WORKS**STEP 1 · 20 MINUTES**

Intro call. We walk you through the program, the mentor vetting standard, and exactly where the coaching/mentorship line sits.

STEP 2 · WARM REFERRAL

You introduce, we onboard. A name to a parent after a session is enough. We onboard the family directly and match a mentor within one week.

STEP 3 · SHARED VISIBILITY

You see the trend. With the family's consent, the monthly development report reaches you too — so you know what's happening the other 167 hours.

Safeguarding is the foundation, not a feature. Every mentor is identity-verified and vetted, every session is logged, and mentors are trained on bright-line escalation — they mentor, they never counsel or treat. Concerns route to a designated safeguarding lead immediately.

Founded by a former professional academy footballer (*Aston Villa, MK Dons*) turned D1 athlete and platform builder — mentorship designed by someone who lived both sides of the transition.