

A PARENT'S GUIDE TO

# Student Athletes

How to Support Your Child's Athletic Dreams Without Sacrificing Their Education. **100% Tuition-Free.**

[mydmsa.com](http://mydmsa.com)



# Table of Contents

2. The New Reality for Student-Athletes
3. The Hidden Cost: “Learning Lag”
4. Rethinking School For Student Athletes
5. Introducing DMSA: Built for Student-Athletes
6. 5 Ways DMSA is Different
7. Who DMSA Is For
8. What Parents Often Ask
9. The Bigger Picture: Protecting Your Child’s Momentum
10. Your Next Move

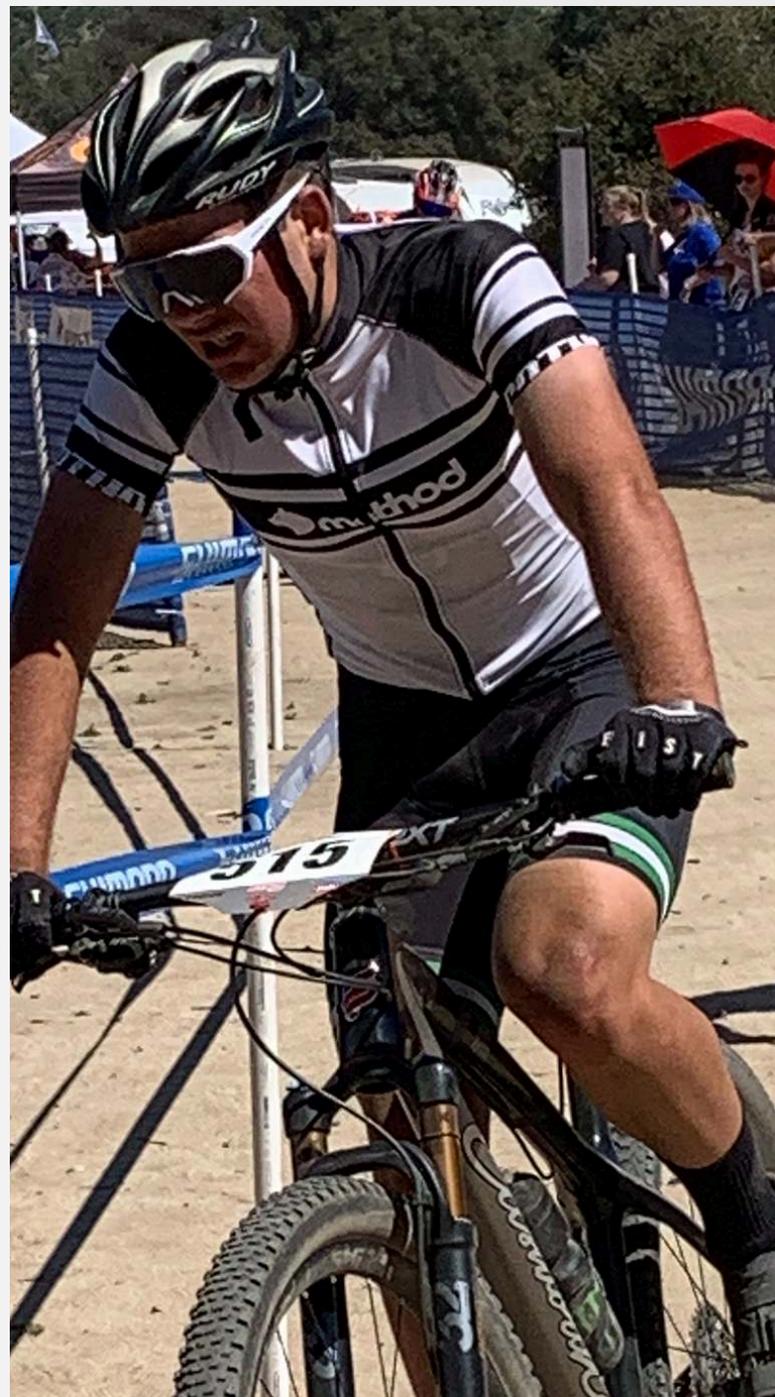
# The New Reality for Student-Athletes

If your child is serious about their sport, you already know: This isn't a hobby anymore.

It's early mornings. Travel weekends. Private training. Strength sessions. Recovery. Film. Repetition. Pressure. And yet... they're still expected to fit into a traditional school model built around a fixed bell schedule.

That's where the problem begins. Most schools were designed for consistency—not performance. They assume every student learns at the same pace, in the same place, at the same time. But high-performing athletes don't live like that.

They live in seasons, cycles, and peaks. And when those two worlds collide, something has to give.



# The Hidden Cost: “Learning Lag”

What many parents see:

- Missed assignments
- Late nights catching up
- Stress, burnout, or disengagement

What’s actually happening: Your child is experiencing what we call learning lag—the gap between their real life and their school structure.

Traditional schools unintentionally create friction:

- Training conflicts with class time
- Travel conflicts with attendance
- Recovery conflicts with homework
- Opportunity conflicts with “seat time”

Over time, this leads to:

- Academic inconsistency
- Emotional fatigue
- Lost confidence
- Or worse... forcing a choice between sport and school

**But here’s the truth: Your child shouldn’t have to choose.**



# Rethinking School For Student Athletes

What if school didn't compete with your child's goals—but supported them?  
What if their education moved with their life, instead of against it?  
That's the idea behind the Performer Archetype.

At DMSA, we've seen that student-athletes thrive when three things are aligned:

## 1. Time Flexibility

So they can train, travel, and recover without penalty

## 2. Academic Rigor

So they remain competitive for college and beyond

## 3. Human Support

So they don't fall through the cracks.

When those three elements are in place, something powerful happens: Your child gains momentum—in both athletics and academics.

# Introducing DMSA: Built for Student-Athletes

Dehesa Method Sports Academy (DMSA) was built specifically for families like yours. It's not a traditional school with a sports program. And it's not a training program with "school on the side." It's a fully integrated system designed around the life of a student-athlete.

## A Truly Unique Partnership in California Public Education

DMSA is a collaboration between:

- Dehesa School District (TK–5: Dehesa Sports Academy)
- Method Schools (6–12: Method Summit Academy)

Together, we provide a TK–12 pathway built for athletes.



# 5 Ways DMSA is Different

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## 1. A Schedule That Works for Athletes

Forget the rigid 7:30 AM – 3:00 PM model. At DMSA:

- Training can happen during the day
- Coursework happens during peak mental hours
- Travel doesn't derail progress
- Your child's schedule adapts to their performance cycle.

## 2. Real Academic Accountability

Students receive:

- Clear pacing and expectations
- Regular check-ins
- Personalized academic planning

This ensures they stay:

- On track for graduation
- Eligible for NCAA requirements
- Prepared for college pathways

## 3. Dedicated Student Support

Every student is supported by a Student Success Manager who:

- Tracks academic progress
- Coordinates with teachers
- Communicates with families
- Helps navigate busy training schedules

This is the difference between “online school” and a guided system.

## 4. A True Athlete Environment

At DMSA, your child is surrounded by students who:

- Take their goals seriously
- Train consistently
- Understand discipline and sportsmanship

That shared mindset matters. It creates:

- Accountability
- Belonging
- Confidence

## 5. A Tuition-Free Public Option

DMSA delivers a private academy experience within a tuition-free public school model. That means:

- High-quality academics
- Personalized support
- Flexible scheduling

Without the financial burden of private school tuition.

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# Who DMSA Is For

DMSA is designed for student-athletes who are:

- Training at a competitive or elite level
- Traveling regularly for competitions
- Balancing multiple commitments
- Feeling constrained by traditional school
- Ready for a more personalized academic path

If your child is serious about their sport—and you're serious about their future—this model is built for you.

DMSA offers **sport-specific training for baseball, softball, soccer and football**. With more on the way, including mountain biking!

DMSA isn't just for athletes who want more flexibility—it's for families who recognize that their child's path is different, and deserve a school built to match it. When your student is in the right environment, everything starts to click: their confidence grows, their performance improves, and their academics stay on track. Instead of constantly managing trade-offs, you're finally supporting a system where school and sport work together—exactly as they should.

# What Parents Often Ask

## 1. “Will my child fall behind academically?”

No. In fact, most students gain ground.

With fewer disruptions and more control over their time, students often:

- Complete work more efficiently
- Stay more engaged
- Build stronger study habits

## 2. “What about college eligibility?”

We offer:

- UC a-g approved courses
- NCAA-aligned coursework
- Dual enrollment opportunities (high school)

Your child stays fully on track for college pathways.

## 3. “Will they miss out socially?”

DMSA students don’t lose community—they gain a more relevant one. They build relationships with:

- Like-minded athletes
- Supportive staff
- Coaches and mentors

And they maintain flexibility for:

- Team environments
- Social opportunities outside school

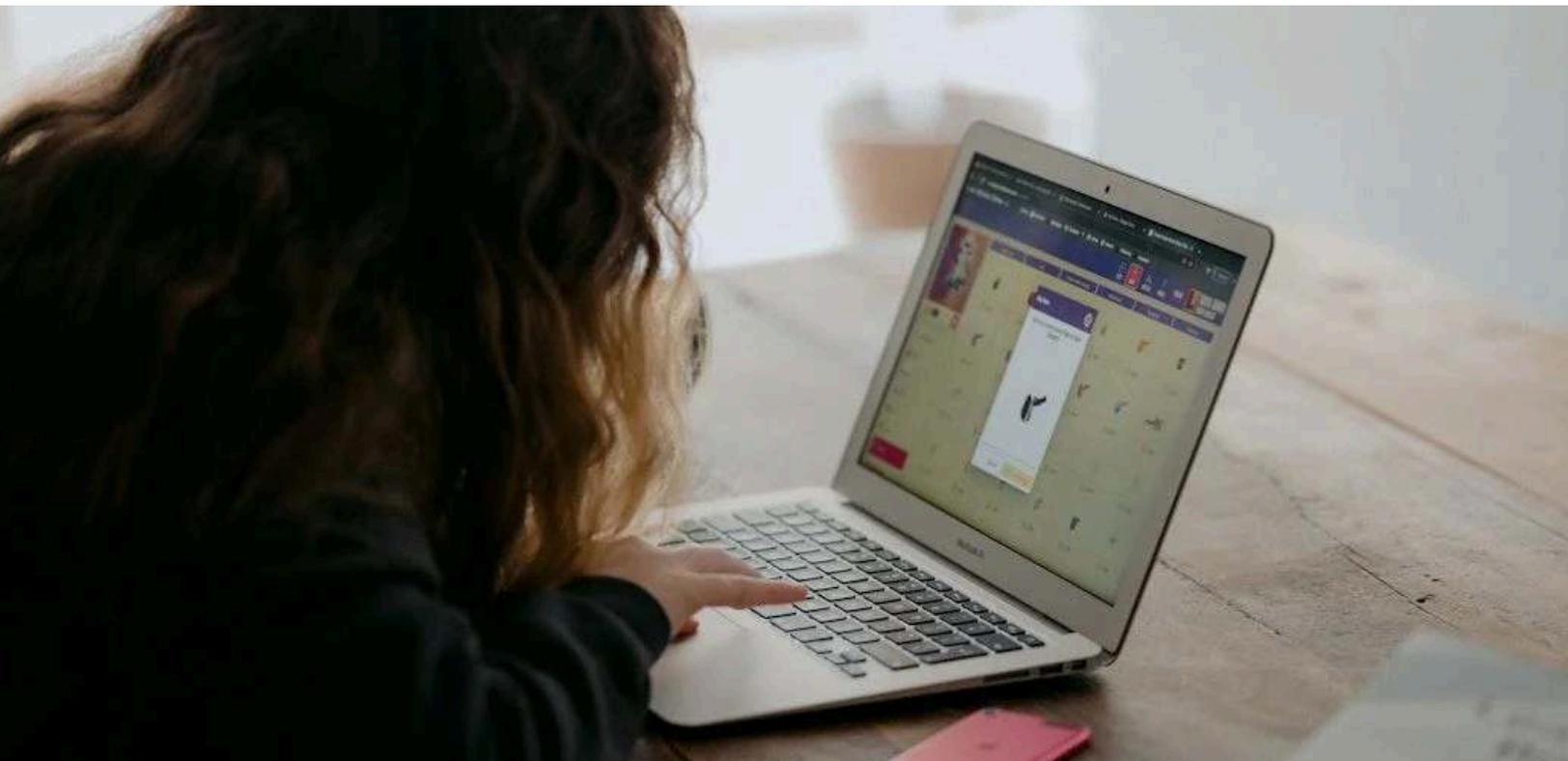
# The Bigger Picture: Protecting Your Child's Momentum

Your child is in a unique window. Right now, they're:

- Learning critical foundational concepts and subjects
- Building skills
- Gaining exposure
- Developing identity
- Forming habits that will last a lifetime, including good sportsmanship and leadership

**The right school can accelerate it.**

At DMSA, we focus on one thing above all: Protecting and accelerating your child's school and athletic momentum. All on a public school, tuition-free basis.



# Your Next Move

Choosing a school is about finding the right 'fit' for your family's current season. DMSA is a tuition-free, WASC-accredited school option dedicated to helping Southern California student athletes succeed in the classroom and on the field.

When you're ready to take the big step of changing your child's school experience for the better, we'll help you every step of the way.

[REQUEST MORE INFO](#)

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Dehesa Method Sports Academy (DMSA) is a tuition-free public school option for San Diego student athletes.

**Grades TK-12 | El Cajon, CA**

