



Hunger Games Training

Physical Education Program Description

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Service Areas: Hillsborough County & Pinellas County

Program Overview

Hunger Games Training (HGT) provides structured in-person physical education and athletic development programs designed to support students physically, mentally, and socially through guided movement, fitness instruction, athletic development, and leadership training. Our programs are designed to go beyond traditional physical activity by combining strength, coordination, movement mechanics, agility, endurance, teamwork, confidence-building, and discipline into a structured and engaging environment. Each session is intentionally designed to support students at their individual level while encouraging participation, healthy habits, physical fitness, and personal growth. HGT programs focus on creating a positive and motivating atmosphere where students can improve their physical abilities, build confidence, develop leadership skills, and strengthen teamwork and communication through consistent instruction and organized physical activity.

Program Goals

- Improve physical fitness and overall health
- Develop coordination, agility, speed, and endurance
- Build confidence, discipline, and accountability
- Encourage teamwork, communication, and leadership
- Promote healthy physical activity habits
- Provide structured movement and athletic development instruction

Program Details

- Program Type: Physical Education & Athletic Development
- Delivery Method: In-Person Instruction
- Location: Florida-Based Programs
- Ages Served: 6–18
- Session Structure: Weekly structured sessions focused on movement, physical fitness, athletic development, teamwork, and leadership

Areas of Student Development

- Strength & conditioning
- Speed & movement mechanics
- Coordination & agility
- Endurance & physical fitness
- Leadership & teamwork
- Confidence & discipline
- Communication & accountability

Scholarship Eligibility Information

Programs may be eligible for qualifying Florida scholarship funding where applicable, including FES-UA, FTC, FES-EO, and PEP programs. All services are delivered in-person within the state of Florida.

Professional Leadership & Experience

- 10+ years coaching experience
- 10+ years athletic training experience
- 7+ years fitness development experience
- CPR, AED & First Aid Certified
- Bachelor's Degree in Recreation & Sports Management
- Master's Degree in Educational Leadership

Hunger Games Training is committed to providing structured youth development, physical education, and athletic development programs in a safe, professional, and encouraging environment.