

# PLATT·FORM

*Performance* AND *Athletics*

## **The Ladder (L.A.T.R.) Principle**

As sports mentors, we gather and distribute relevant knowledge and information for our student-athletes. Whether that's through our own life experiences or what we like to call the Ladder (LATR) Principle. That is, we **Learn** a concept, **Apply** it to our own lives, **Teach** it to our student-athletes, then **Repeat** the process with a new concept. That said, our job as sports mentors is to continuously Learn, Apply, Teach, and Repeat this cycle for the betterment of our student-athletes. Just as a traditional ladder helps one climb to desired heights, our LATR process helps student-athletes climb to a new level they never knew was possible.