



About Mustangs In Training

Mustangs In Training (MIT) is a multi-sports program created to introduce Lower School students in Kindergarten through Grade 5 to a variety of Mount Vernon athletic programs. Mustangs in Training is designed to be inclusive, safe, and age-appropriate, providing opportunities for students of all abilities to participate and improve their skills while connecting with Varsity, JV and MS coaches and student athletes.

2026 MIT Fall Sports Offerings

Registration opens Monday, July 20 (7:00 am) and closes Monday, August 3 (midnight) via the parent portal.

[Register Here](#)

MIT SOFTBALL

Dates: Friday, August 14 - Friday, September 18, 2026

Grades: 3 - 5

Mustangs In Training (MIT) Softball program offers a great opportunity for growth, learning, and most importantly, fun for this unforgettable softball experience for students. Whether your child is new to the sport or looking to build on existing skills, our program offers kids a way to learn the fundamental skills of the game, including throwing, catching, hitting, and fielding.

Coaches: Varsity Softball Assistant Coach Stan Jones & Varsity Softball Players

Day: Fridays

Time: 3:15 pm - 4:15 pm

Location: Upper Campus Softball Field

Dates: August 14, 21, 28 & September 11, 18

Cost: \$175

Varsity Softball Team Practice Day: MIT players get the opportunity to have a practice day with the Varsity softball team to interact and receive skill development

World Series Day: Wednesday, September 29 - Varsity softball game day experience. Participate in warmups. Stand with the team and more!

MIT AGILITY & CONDITIONING

Dates: Friday, August 14 - Friday, September 18, 2026

Grades: K - 5 (coed)

Mustangs In Training (MIT) Agility & Conditioning program is a fun-filled agility and conditioning program designed for students to build endurance and stamina through a comprehensive, full-body fitness experience. These engaging sessions incorporate movements that mirror skills essential in sports like basketball, soccer, volleyball, softball, cross country, football, lacrosse, baseball, and track and field. The program includes three levels of intensity, from developing to



intermediate and advanced, to cater to the varying fitness levels of the participants ensuring that every child can challenge themselves and improve at their own pace.

This program is led by Leah Hannon, who is a USA Weightlifting certified and Safesport certified coach and Jordan Greenleaf, certified trainer and Varsity Girls Basketball coach.

Coach: Leah Hannon & Jordan Greenleaf

Day: Fridays

Time: 3:15 pm - 4:15 pm

Location: Upper Campus Field

Dates: August 14, 21, 28, 24 & September 11, 18

Cost: \$175

Performance Day: Friday, September 18 - Details to follow

Participants will test their agility, speed, and endurance based on the skills they learned through fun and competitive drills.

MIT CROSS COUNTRY

Dates: Monday, August 17 - Wednesday, September 16, 2026

Grades: 3 - 5 (coed)

The Mustangs In Training (MIT) Cross Country program is designed for young runners to learn the basics of running, including how to pace themselves, maintain proper form, and breathe effectively. Our enthusiastic coaches will also teach them how to set personal goals and work towards achieving them. This experience is all about building confidence, promoting physical fitness, and most importantly, having fun while running!

Coaches: Molly Hudson, Sarah Bristow & Varsity Cross Country Runners

Days: Mondays & Wednesdays

Time: 3:15 pm - 4:15 pm

Location: Upper Campus Green (Next to the MS Building)

Dates: August 17, 19, 24, 26, 31 & September 2, 9, 14, 16

Cost: \$190

Varsity Cross Country Team Practice Day: MIT players get the opportunity to have a practice day with the Varsity cross country team to interact and receive skill development

Darlington Cross Country Festival Meet: Runners will participate in one meet on Saturday, September 26; competitive opportunities for G5 cross country are rare, so this will be our culminating event.



MIT FOOTBALL

Dates: Monday, August 17 - Monday, September 21, 2026

Grades: K - 5

Mustangs In Training (MIT) Football program offers fun, high-energy skill stations designed to teach kids in grades K - 5 the fundamentals of the game. Young athletes will develop key skills like passing, catching, footwork, and teamwork in a safe, supportive environment led by varsity coaches and players. The focus is on football development, proper technique, and building confidence through age-appropriate drills and instruction.

Coaches: Varsity Football Assistant Coach Nick Okeke & Varsity Football Players

Day: Monday

Time: 3:15 pm - 4:15 pm

Location: Upper Campus - Ron Hill Field

Dates: August 17, 24, 31 & September 14, 21

Gridiron Game Day: Friday, September 18 - Details to follow

Cost: \$175

Varsity Football Team Practice Day: MIT players get the opportunity to have a practice day with the Varsity football team to interact and receive skill development

Gridiron Game Day: Varsity football game day experience. Participate in warmups. Stand with the team and more!

MIT CHEER

Dates: Tuesday, August 18 - Tuesday, September 15, 2026

Grades: K - 5

Mustangs In Training (MIT) Cheer program is where cheerleaders will learn the basics of cheerleading, focusing on essential skills such as motions, jumps, routines, chants, and teamwork. Participants will be introduced to the fundamentals of cheer while building spirit in a safe and supportive environment. Emphasis will be placed on teaching safe cheer practices to prevent injuries and build confidence, coordination, and leadership in young athletes.

Coach: Varsity Basketball Cheer Head Coach Jerica Henderson & Varsity Cheerleaders

Day: Tuesdays

Time: 3:15 pm - 4:15 pm

Location: Upper Campus

Dates: August 18, 25 & September 1, 8, 15

Cost: \$175

Varsity Cheer Team Practice Day: MIT players get the opportunity to have a practice day with the Varsity cheer team to interact and receive skill development



CheerJam Day: Varsity cheer game day experience. Participate in warmups. Stand with the team and more!

MIT WRESTLING

Dates: Wednesday, August 19 - Wednesday, September 16, 2026

Grades: K - 5 (coed)

The Mustangs In Training (MIT) Wrestling program is where wrestlers will learn the basics of wrestling, focusing on essential techniques such as takedowns, pins, escapes and more. Kids will be introduced to the fundamentals of wrestling while ensuring that participants learn in a safe and supportive environment. Varsity wrestling coaches and players will supervise all wrestling activities, ensuring that safety guidelines are followed and techniques are taught correctly. Emphasis will be placed on teaching safe wrestling practices to prevent injuries and foster confidence in young athletes.

Coach: Varsity Wrestling Head Coach Pete Chen & Varsity Wrestlers

Day: Wednesdays

Time: 3:30 pm - 4:30 pm

Location: Lower Campus

Dates: August 19, 26 & September 2, 9, 16

Cost: \$175

Wrestlemania Day: Monday, November 30 - Varsity Wrestling game day experience. Participate in warmups. Stand with the team and more!

MIT SOCCER

Dates: Thursday, August 20 - Thursday, September 17, 2026

Grades: 3 - 5 (Co-ed)

Mustangs In Training (MIT) Soccer program is for students to develop foundational soccer skills, teamwork, and a love for the game in a fun and supportive environment. Each session, kids will focus on a specific set of skills, including dribbling, passing, shooting, and defending, with progressive activities to build confidence and improve technique.

Coaches: Middle School Boys Soccer Head Coach Nico Perez & Varsity Soccer Players

Day: Thursdays

Time: 3:15 pm - 4:15 pm

Location: Upper Campus Field

Dates: August 20, 27 & September 3, 10, 17

Cost: \$175

Match Madness Day: Thursday, September 17 - Soccer players play in a series of fast-paced mini games, small-sided matches in a fun and competitive way!



MIT VOLLEYBALL

Dates: Friday, September 25 - Friday, October 30

Grades: 3 - 5

Mustangs In Training (MIT) Volleyball program is designed for players, who have a passion for volleyball or are looking to discover the sport for the first time. The primary goal is to help players improve their skills and develop a love for the game while competing in a positive team environment.

Coaches: Varsity Head Coach Dustin Choe & Varsity Volleyball Players

Day: Fridays

Time: 3:15 pm - 4:15 pm

Location: Lower School / Upper Campus Gym

Dates: September 25 & October 2, 16, 23, 30

Cost: \$175

Varsity Volleyball Team Practice Day

MIT players get the opportunity to have a practice day with the Varsity volleyball team to interact and receive skill development.

VolleyBowl Day: Wednesday, September 29 - Varsity volleyball game day experience. Participate in warmups. Stand with the team and more!



2026 MIT Winter Sports Offerings

Registration opens Monday, July 20 (7:00 am) and closes Monday, October 5 (midnight) via the parent portal.

MIT BASKETBALL

Dates: Sunday, October 18 - Sunday, November 15, 2026

Grades: K - 5 (co-ed)

As part of MIT Basketball, coaches will focus on teaching the fundamental skills of the game. This includes:

- **Dribbling:** Helping players improve their ball-handling skills.
- **Passing:** Teaching accurate and effective passing techniques.
- **Shooting:** Developing proper shooting form and consistency.
- **Defense:** Instilling solid defensive strategies and positioning.

Coach: Varsity Boys Basketball Head Coach Reed Dungan & Varsity Basketball Players

Coach: Varsity Girls Basketball Head Coach Jordan Greenleaf & Varsity Basketball Players

Day: Sundays

Time: 2:00 pm - 3:30 pm

Location: Upper Campus Gym

Dates: Sunday, October 18, 25 & November 1, 8, 15

Cost: \$175

Varsity Basketball Team Practice Day: MIT players get the opportunity to have a practice day with the Varsity Basketball team to interact and receive skill development

SlamFest Day: Tuesday, November 10 - Varsity Basketball game day experience. Participate in warmups. Stand with the team and more!

MIT CHEER

Dates: Tuesday, November 3 - Tuesday, December 10, 2026

Grades: K - 5

Mustangs In Training (MIT) Cheer program is where cheerleaders will learn the basics of cheerleading, focusing on essential skills such as motions, jumps, routines, chants, and teamwork. Participants will be introduced to the fundamentals of cheer while building spirit in a safe and supportive environment. Emphasis will be placed on teaching safe cheer practices to prevent injuries and build confidence, coordination, and leadership in young athletes.

Coach: Varsity Basketball Cheer Head Coach Jerica Henderson & Varsity Cheerleaders

Day: Tuesdays

Time: 3:15 pm - 4:15 pm



Location: Upper Campus

Dates: November 3, 12, 19 & December 3, 10

Cost: \$175

Varsity Cheer Team Practice Day: MIT players get the opportunity to have a practice day with the Varsity cheer team to interact and receive skill development

CheerJam Day: Varsity cheer game day experience. Participate in warmups. Stand with the team and more!

MIT FUTSAL

Dates: Thursday, November 5 - Thursday, December 8, 2026

Grades: 3 - 5 (Co-ed)

The Mustangs In Training (MIT) Futsal Program is designed for students to develop essential futsal skills, teamwork, and a love for the game in a fun and supportive setting. Futsal is a fast-paced, indoor version of soccer played on a smaller court with five players per side, emphasizing quick passing, close ball control, and creativity.

Each session focuses on specific skill areas, such as dribbling, passing, shooting, and defending through engaging drills and small-sided games. Players will build confidence, sharpen their technique, and learn to make smart, split-second decisions, all while enjoying the exciting, high-energy atmosphere of futsal.

Coaches: Middle School Boys Soccer Head Coach Nico Perez & Varsity Soccer Players

Day: Thursdays

Time: 3:15 pm - 4:15 pm

Location: Lower Campus Gym

Dates: November 5, 10, 17 & December 1, 8

Cost: \$175

Match Madness Day: Thursday, December 8 - Futsal players play in a series of fast-paced mini games, small-sided matches in a fun and competitive way!

MIT VOLLEYBALL

Dates: Friday, November 6 - Friday, December 11, 2026

Grades: K - 5

Mustangs In Training (MIT) Volleyball program is designed for players, who have a passion for volleyball or are looking to discover the sport for the first time. The primary goal is to help players improve their skills and develop a love for the game while competing in a positive team environment.

Coaches: Varsity Volleyball Head Coach Dustin Choe & Varsity Volleyball Players

Day: Fridays



Time: 3:15 pm - 4:15 pm

Location: Lower Campus Gym

Dates: November 6, 13, 20 & December 4, 11

Cost: \$175

Match Madness Day: Friday, December 11 - Volleyball players play in a series of fast-paced mini games, small-sided matches in a fun and competitive way!



2027 MIT Spring Sports Offerings

COMING SOON!

CHEER

BASEBALL

LACROSSE

SOCCER

TRACK

VOLLEYBALL

WRESTLING