



# VARSITY FOOTBALL

PROGRAM OVERVIEW | 2025-2026

STRIVING FOR GREATNESS

WELCOME TO YOUR BEST  
THE ST·JAMES

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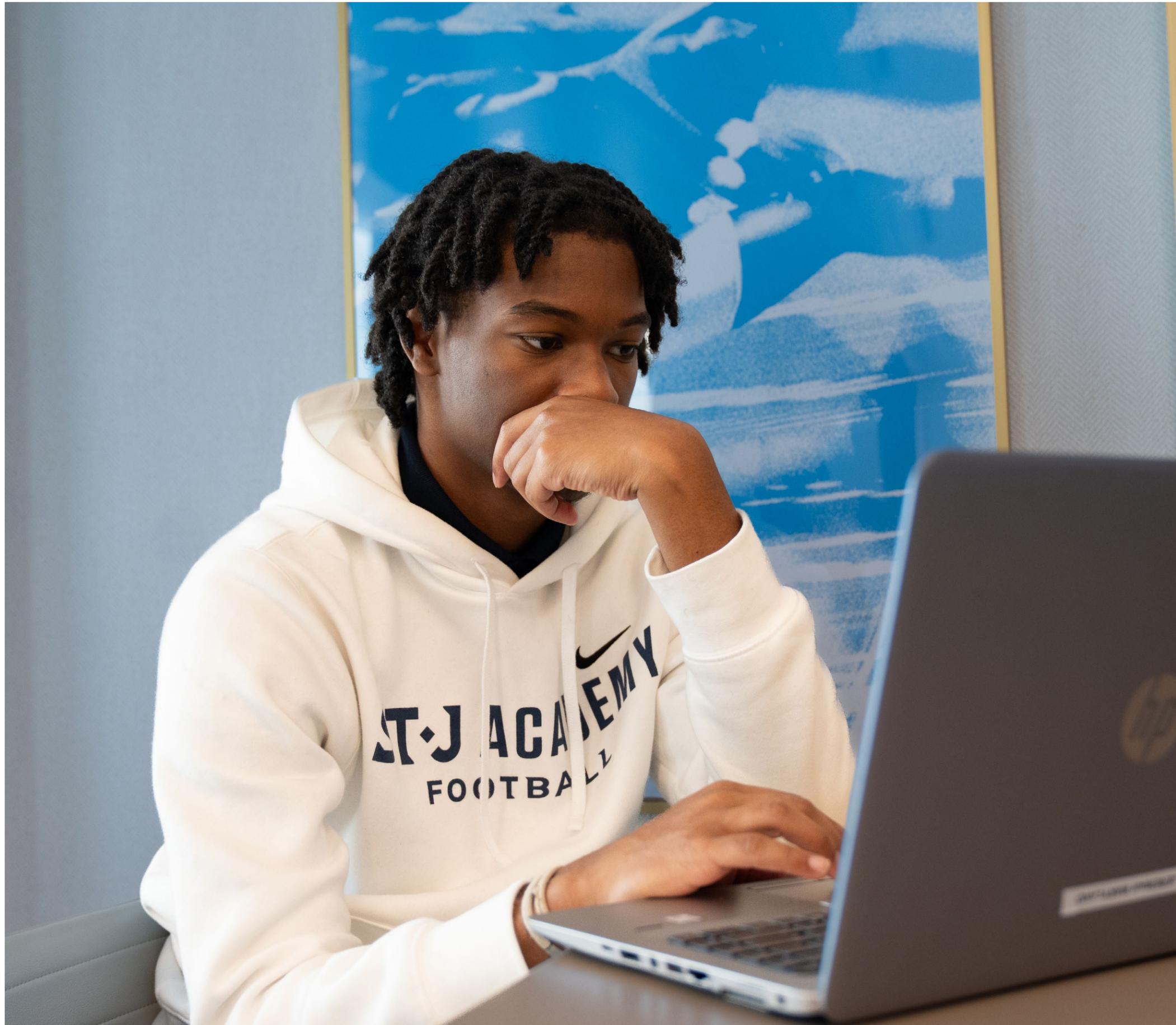
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**THE ST. JAMES PERFORMANCE ACADEMY** offers year-round training and features a variety of teams at various levels to ensure each student-athlete has an enriching and developmentally-appropriate learning experience. With as much emphasis on academics and college placement as on athletic development, The St. James Performance Academy tapers training and progressively increases workouts and conditioning before focusing on game preparation and team strategies.

The Academy's extensive network of grassroots youth organizations, private and public high school teams, and collegiate programs provides global and nationwide exposure unlike anywhere else.





### **BEST-IN-CLASS COLLEGE-PREPARATORY ENVIRONMENT**

The St. James Performance Academy football program mirrors a collegiate atmosphere, with a unique blend of on and off-the-gridiron experiences that challenges and cultivates students to dedicate themselves to excellence in every aspect of their lives.

Each Academy student-athlete in the football program is expected to maintain a 3.0 grade-point average throughout the school year and perform community service hours towards Academy graduation requirements. Success factors include, but are not limited to, self-sufficiency, academic success, personal responsibility and ownership, mental and physical toughness, and a holistic mindset towards measurable personal and athletic development.

The St. James Performance Academy provides each member of the football program with unparalleled access to expert coaches and trainers that are focused on more than their on-field performance, including crucial areas such as mental health, strength & conditioning, nutrition, sports medicine, and athletic recovery services.



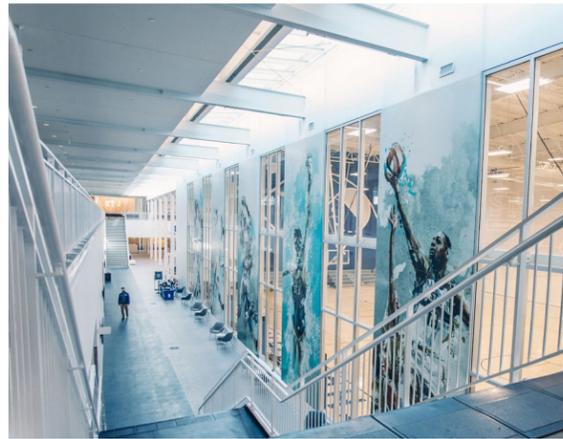
The Academy's High Performance Development team plays an integral role in the overall development of each student-athlete. They integrate into the program's larger support system, ensuring that each student-athlete feels confident and prepared off the field, so they understand what it takes to succeed in college and in life.



## OUR HOUSE

At 450,000 square feet, The St. James Flagship offers unparalleled access to best-in-class athletic facilities and training. Simply put, there's no better place to play.

A 110,000 square foot field house containing a FIFA-regulation turf field, Four NBA regulation hardwood courts, eight WSF regulation Squash courts, two NHL-regulation ice rinks, a 50-meter Olympic-size pool, and so much more. Our Performance Club is an elite wellness center modeled after the top professional and collegiate athletic training facilities. State-of-the-art equipment, athletic turf, heavy weight stations, and recovery amenities create an optimal environment for athletes to reach their best.



## TRAINING SCHEDULE

### June–August

- › OTA orientation for all returning and new student-athletes and their families in week 1
- › OTAs follow specific developmental routines and training plans for players by position group
- › Pre-Season training camp begins in late July and includes a 3-week evaluation for all players
- › Strength and conditioning, functional movement and mobility training
- › Performance & NFL-style Combine testing
- › NCAA eligibility center registration
- › SAT/ACT sign-ups
- › Senior/Post Grad recruitment meetings
- › Open practices for college coaches and professional scouts

### September–November

- › In-season training and games begin; Team will travel to National/Regional events
- › Daily team practices with tactical & skill development with 2-3 small group workouts per week
- › Individual development plans distributed to players and parents
- › College placement meetings\*
- › College application process continues/Common App finalized\*

### December–February

- › Team practices with tactical & skill development with 2-3 small group workouts per week
- › Continued focus on power, strength, mobility and skill development
- › Underclassmen recruitment planning
- › Continued college placement meetings\*
- › Narrowing college choices/list\*
- › Individual development plans

### March–April

- › Spring season begins; Team will play in 7v7 leagues and events
- › Emphasis on strength development after game season
- › Individualized skill development training
- › Focus on skills training
- › Finalize college selections and enrollment paperwork\*

### May

- › Final player evaluations
- › Summer training plan distributed
- › End of year recognition banquet
- › Underclassmen official visits
- › Strength training emphasizing hypertrophy-based principles
- › Recommendations for Summer Camps
- › Focus on off-season development
- › **College Coach Evaluation Day (FBS, FCS, Division II, Division III)**

\* Applies to Seniors and Post Grads only



## TEAMS

With multiple teams within the program, including National Varsity and Regional Varsity, The St. James Performance Academy football program provides the nation's most effective training and development environment for student-athletes regardless of age or skill level.

### NATIONAL

The St. James Performance Academy's National Team competes against some of the nation's top programs while earning unparalleled exposure during showcases and national-televised games and tournaments. Student-athletes within this team aspire to compete for top Division I programs in the NCAA landscape. Training consists of intensive workouts and team development that mirrors that of an elite collegiate program.

### VARSITY

The St. James Performance Academy offers student-athletes a Varsity team experience to accommodate student-athletes at various levels of their developmental pathway. The Varsity team competes against regional and national programs and takes on a challenging seasonal schedule. Student-athletes have an opportunity to gain collegiate exposure during showcases and Combine recruiting events on campus.

*The Varsity team is expected to be assembled early 2026 and compete in the 2026 fall season.*





**DARRYL OVERTON**  
*Head Coach & Director of Football*

Overton is the most accomplished coach of his generation in the Greater Washington region and one of the most accomplished in the nation. In 10 seasons as a head coach, Overton's teams went 103 – 14, including going 29 – 0 while winning the 2022 and 2023 Class 6 state football championships. In addition to back-to-back state championships, his teams have won 6 district championships and 3 regional championships.

**CORTEZ WHITING**  
*Associate Head Coach & Recruiting Coordinator*

**JEFF OVERTON**  
*Defensive Coordinator*

**ANTOINE WASHINGTON**  
*Co-Defensive Coordinator*

**KRYS DAVIS**  
*Offensive Coordinator*

**BARRON TAYLOR**  
*Special Teams Coordinator & College Recruiting Advisor*

**TERRELL WHEELER**  
*Director of Football Operations*

**DEONTAE ADAMS**  
*Assistant Coach*

**JULIAN BROWN**  
*Assistant Coach*

**CORNELIUS CAMPBELL**  
*Assistant Coach*

**OLIVER COOPER**  
*Assistant Coach*

**CHRISTOPHER COUSINS**  
*Assistant Coach*

**JERELL EDELEN**  
*Assistant Coach*

**GREG JOHNSON**  
*Assistant Coach*

**TAY JOHNSON**  
*Assistant Coach*

**RODERICK JONES**  
*Assistant Coach*

**KEVIN LEWIS**  
*Assistant Coach*

**JUSTIN MEEHAN**  
*Assistant Coach*

**TONY MOONEY**  
*Assistant Coach*

**ANDREW MOORE**  
*Video Coordinator*

**ISSA NOORESTANI**  
*Assistant Coach*

**SHAWN PENN**  
*Statistician*

**MYLES ROSS**  
*Assistant Coach*

**P.J. SEILHAMER**  
*Assistant Coach*

**JOHN ROBINETTE**  
*Assistant Coach*

**MYLES ROSS**  
*Assistant Coach*

**GREGORY WASHINGTON**  
*Statistician*

**ANTHONY WHEELER**  
*Assistant Coach*

## COACHING STAFF

**MATEUS MANOEL**  
*Director of High Performance*

Mateus leads The St. James High Performance department by working closely with a team of coaches that deliver a refined, holistic, data-driven approach to clients of various ages and abilities to develop their athleticism, optimize sports performance, and mitigate sports injuries.

With over a decade leading successful professional sports programs, Mateus held senior staff positions in MLS franchises such as Sporting Kansas City, Inter Miami CF, and DC United and was the High-Performance Coach with the US Men's National Team at the FIFA World Cup in South Africa. His expertise transcends the pitch, as he's experienced with NBA, NFL, MLB, and NHL athletes at the world-renowned EXOS training center.

