

2026-27 SCHOOL PROFILE

OUR SCHOOL

USPA is an accredited, independent online middle and high school offering a U.S. curriculum for students in grades 6–12. We offer a rigorous, college-preparatory curriculum within a flexible learning environment.

USPA is the premier online school purposefully designed to support students pursuing excellence in academics, athletics, and other high-level pursuits. Our students learn on a schedule that fits their goals, without compromising academic standards, while benefiting from dedicated learning coaches, experienced teachers, and a supportive community that truly understands the demands of student-athletes.

SCHOOL OVERVIEW

USPA's mission is to empower student-athletes to achieve their full potential academically and athletically through a flexible, personalized education model.

Founding Year: 2012

Grades: Middle and High School, Grades 6–12 and Postgraduates

Academic Offering: U.S. curriculum

Instructional Model: Online, primarily asynchronous with live academic support as needed

Recognition: Ranked top 14 best online school in America by Niche.com

Accreditations:

- » Cognia: Accredited in US and Internationally
- » New Hampshire Department of Education: Non-Public School (online) approved
- » Selected courses approved by the NCAA & the University of California A–G system.

AN INSPIRED SCHOOL

USPA is a part of the Inspired Education Group, a leading global network of over 120 premium private schools worldwide. USPA combines personal support with the strength and resources of an international education community.

STUDENT SNAPSHOT

- » **39** countries represented in our student community.
- » **33+** different sports are represented by our talented student-athletes.
- » **41** states and U.S. territories are represented across our student body.

1320

2025 Average SAT Score
National SAT Average: 1029

25

4-Year Composite ACT
Average
National ACT Average: 19.4

100%

AP Exam Pass Rate
2025 Passing AP Average:
4.29 (out of 5)

US Performance Academy

1390 Chain Bridge Road
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McLean, VA 22101
(833) 752-9066
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GoUSPA.org
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Head of School

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Accreditation & Affiliations

- » Cognia: Accredited with Merit in US and Internationally
- » New Hampshire Department of Education: Non-Public School (Online) approved

Contact

 Admissions@GoUSPA.org

 (833) 752-9066

 GoUSPA.org

 PO Box 293,
Elkins, NH 03233

1390 Chain Bridge Road #A242
McLean, VA 22101



ACADEMIC MODEL

USPA delivers a U.S.-based online education for students in grades 6-12 and postgraduates. USPA uses a mastery-based approach, and courses are built to support independent learning while maintaining academic accountability. Courses feature interactive tools, multimedia content, and real-world applications that help students engage deeply with their learning.

SCHEDULE AND PACING: USPA’s academic program is designed to meet the needs of students with varied schedules, including year-round balancing significant commitments outside the classroom. Students follow a self-paced model with structured academic support, allowing them to move at a pace that aligns with their goals, training, and overall workload.

ACCELERATED: 12-14 week semester, approximately 6-8 hours per week per course, 30-40 total hours of learning per week.

STANDARD: 18-20 week semester, approximately 3-4 hours per week per course, 15-20 total hours of learning per week.

EXTENDED: 22-26 week semester, approximately 1-3 hours per week per course, 5-10 total hours of learning per week.

CURRICULUM AND COURSE OFFERINGS

USPA offers a broad academic program that includes:

Core middle and high school coursework aligned to a U.S. curriculum	
18	Middle School Courses
52	High School Courses
22	Rigorous Honors courses
16	AP courses, including a 100% AP exam pass rate in 2025-26 academic year
13	World Language Course offerings, including Spanish, French, and American Sign Language

- » Students may earn up to six academic credits per academic year/billing cycle
- » Virtual labs
- » High-interest electives reflect student passions and goals, including specialized offerings such as Name, Image, Likeness (NIL), independent study, and leadership courses

See our course catalog at gouspa.org/our-approach/



DUAL ENROLLMENT

USPA offers dual enrollment through Arizona State University included in tuition. This gives eligible high school students the option to earn real college credit while completing their coursework at USPA. This opportunity supports an early introduction to college-level coursework, academic acceleration, and even greater flexibility for students pursuing a professional gap year or other nontraditional paths after graduation.

A SCHOOL BUILT AROUND YOUR STUDENT

FLEXIBILITY

USPA's flexible, online academic model is designed to meet students where they are. The school features wide range of pacing options that can be adapted to accommodate training, travel, competition, and family schedules. Each student's schedule is developed with the support of a learning coach, who helps create the plan aligned with student's goals, workload, and pace of progress. Parents have access to the tools and visibility that help them monitor pacing and ensure their child stays on track academically.

LEARNING COACHES

Learning Coaches at US Performance Academy serve as dedicated mentors, building supportive, low-pressure relationships that research shows contribute to long-term student success. As each student's primary academic point of contact, Learning Coaches help develop essential academic and executive functioning skills while partnering closely with families to guide pacing, scheduling, and progress in alignment with each student's goals and commitments.

TEACHERS

Our teachers and faculty are highly qualified, the majority holding advanced degrees and all bringing extensive teaching experience.

At USPA, our teacher to student ratio is 1:1. Teachers offer live meetings as needed and families have the ability to directly message faculty through our internal communication channel. USPA's dedicated, engaging educators deliver rigorous instruction and support students through personalized feedback and guidance via video meetings, phone calls, chat, and email.

GOAL PROGRAM (GUIDED OPPORTUNITIES FOR ACHIEVEMENT & LEARNING)

USPA recognizes that students bring a wide range of learning styles and profiles to the educational process—including those with ADHD, learning disabilities, twice-gifted or twice-exceptional learners, as well as students who choose to opt in for additional academic support. The GOAL program's mission is to embrace ever-evolving learning profiles by intentionally providing appropriate, accessible support to students and families. This personalized assistance is delivered through an additional tiered support system including accommodations and 1:1 live support with our Learning Specialists.

COMMUNITY

Human connection is a key pillar at USPA and an important part of the experience. In addition to academics, students have the opportunity to build relationships, explore interests, and participate in school life in meaningful ways. USPA supports connection through virtual and in-person experiences in the following ways:

- » 15+ Clubs and extracurricular activities
- » Wellness initiatives
- » Service projects
- » Student assemblies
- » Arts opportunities
- » Leadership opportunities and courses
- » AP Semiar
- » Peer support
- » One-on-one Learning Coach and teacher connection
- » Virtual celebrations
- » Inspired Education Summer Camps
- » Field trips, virtual and in-person
- » Family weekend meetups
- » National Honor Society chapter

OUR PARTNERS



GRADUATION REQUIREMENTS

To earn a high school diploma from USPA, students must earn a minimum of 20 credits. Distribution requirements include:

DEPARTMENT	CREDITS	MINIMUM EXPECTATIONS
English	4	Taken all four years
Mathematics	3	Algebra II
Science	3	Biology, Chemistry
Social Science	3	World History, US History
World Language	2	Consistent language
Electives	5	
Total	20	

While this represents the minimum expectation for graduation, many USPA students choose to follow a more rigorous course of study. USPA typically requires students to carry a full-time course load. In order to be considered full-time, students are required to be enrolled in four (4) to six (6) courses every semester. Students graduating from USPA must be full-time in their senior year taking a minimum of 5 full credits across two semesters. **Exceptions to these rules must be approved by the Head of School.**

COLLEGES AND UNIVERSITIES

At USPA, 95% of our students move on to higher education. Our college counseling program is designed to support student planning, scholarship guidance, admissions, and NCAA support.

Here is a selection of colleges and universities attended by USPA graduates in the last five years:

- » Anna Maria College
- » Arizona State University
- » Auburn University
- » Aurora University
- » Baruch College (CUNY)
- » Boston College
- » Boston University
- » California Baptist University
- » Carson Newman University
- » Clarkson University
- » Colorado College
- » Colorado School of Mines
- » Columbia University
- » Cornell University
- » DePauw University
- » Drexel University
- » Elon University
- » Embry Riddle Aeronautical University
- » Emory & Henry College
- » Fairleigh Dickinson University
- » Fairmont State University
- » Florida Atlantic University
- » Florida Southern College
- » John Cabot University
- » Kenyon College
- » Lafayette College
- » Lee University
- » Lincoln University
- » McGill University
- » Metropolitan State University of Denver
- » Milwaukee School of Engineering
- » Montana State University
- » National University
- » Ohio State University
- » Ottawa University-Arizona
- » Pennsylvania State University
- » Princeton University
- » Queen's University (Canada)
- » Radford University
- » Rice University
- » Rollins College
- » Rome City Institute
- » San Diego State University
- » Skagit Valley College
- » Southern Methodist University
- » SUNY Canton
- » Texas A&M University
- » United States Air Force Academy
- » Universitat Europea de València
- » University of Alabama
- » University of California, Berkeley
- » University of California, Los Angeles
- » University of California, Santa Barbara
- » University of Dubai
- » University of Florida
- » University of Gloucestershire
- » University of Hartford
- » University of Kentucky
- » University of La Verne
- » University of Massachusetts
- » University of Miami
- » University of Nebraska
- » University of New England
- » University of New Hampshire
- » University of North Carolina at Chapel Hill
- » University of South Carolina
- » University of Tennessee
- » University of Utah
- » Virginia Tech
- » Wake Forest University
- » West Virginia University
- » Williams College

OUR ADMISSIONS PROCESS

We have a convenient 3-step enrollment process, and our friendly Admissions team is there to support you every step of the way.

1. ONLINE APPLICATION

Complete our convenient online application here:

APPLY NOW

2. RECORDS AND TUITION

Log in to our enrollment dashboard to see your application progress, upload your academic records and any relevant IEPs, 504s, or assessments, then select your tuition payment plan.

3. SCHEDULE AND ONBOARDING

Once you're enrolled, we'll meet to choose courses, build your schedule, and begin onboarding.

* In addition to the required academic transcripts, we welcome optional supplemental application materials such as IEPs/504s, subject or English as a Second Language assessments, or the [Enrollment Management Association's SSAT admission exam](#)