

Former Pro Jeff Harper Brings Inclusive Basketball Training to San Diego County Athletes

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SAN DIEGO COUNTY, CA - Former professional basketball player Jeff Harper is on a mission to transform the way athletes train, combining elite skill development with faith and community. As the founder of Harper Elite Athletic Training (HEAT) in Oceanside, California, Harper provides a unique, purpose-driven approach that welcomes athletes of all ages and abilities?including those with disabilities.

"Basketball has given me so much, and now it?s my turn to give back," says Harper. "HEAT isn?t just about making great players?it?s about building strong, disciplined, and confident individuals who can take what they learn on the court and apply it to life."

With over a decade of professional basketball experience spanning 12 countries, Harper brings a wealth of knowledge to player development. His training goes beyond the fundamentals, focusing not only on ball handling, shooting, and footwork but also on leadership, resilience, and game intelligence. Through HEAT, he aims to develop well-rounded athletes who are just as strong in character as they are on the court.

Unlike many elite training programs, HEAT stands out for its commitment to inclusivity. Harper is among the few high-level trainers who work with both able-bodied athletes and individuals with disabilities. His experience as the head coach for the Idaho Ghost Busters Special Olympics team shaped his approach to adaptive coaching, ensuring that all athletes, regardless of their physical abilities, have the opportunity to train at a high level.

"I want every athlete to feel like they belong here," Coach Jeff Harper explains. "No matter your skill level, physical ability, or background, you deserve the opportunity to train, grow, and push yourself. Seeing the confidence that builds in my athletes?especially those who may have never had this kind of training before?is what keeps me going."

Harper?s dedication extends beyond basketball. Faith and mentorship are deeply ingrained in HEAT?s philosophy, offering athletes a place to grow not just in their sport but also in their personal lives. His coaching style is built on encouragement, discipline, and a belief that true success comes from perseverance and purpose.

"Sports can teach you a lot about life: how to overcome setbacks, how to push through challenges, and how to trust in something bigger than yourself," Harper says. "That?s why we integrate faith into what we do. For athletes who want to strengthen their spiritual foundation, we offer Bible study sessions where we talk about discipline, leadership, and faith both on and off the court."

Community engagement is another key pillar of HEAT?s approach. In addition to offering structured training sessions throughout the week, Harper provides free Saturday workouts, making professional-level basketball instruction accessible to more athletes in Oceanside. These sessions create a space where players of all skill levels can come together, learn, and grow in a positive, faith-centered environment.

"I never want cost to be the reason a kid can?t train," Harper says. "That?s why our free Saturday sessions are open to anyone who wants to put in the work and be part of this community."

Harper Elite Athletic Training operates in San Diego County, CA, with training sessions available Monday through Friday from early morning until evening, while Saturdays are dedicated to community workouts. Those interested in learning more or signing up for training can visit heatfundamentals.com for details.

Harper?s vision for HEAT is clear: to inspire, train, and mentor athletes with purpose. By bringing together high-level basketball instruction, inclusivity, and faith-driven values, he is redefining what it means to develop

athletes both on and off the court.

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For more information about Harper Elite Athletic Training, contact the company here:Harper Elite Athletic TrainingCoach Harperheatfundamentals@gmail.comSan Diego County, CA, USA

Harper Elite Athletic Training

Harper Elite Athletic Training is dedicated to enhancing skill development and fostering a mindset that promotes continuous growth.

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