

STERLING'S COLLEGE TRAINING PROGRAM

New and returning **College Athletes** - Sterling is ready to go again this summer! Be in the top **25%** to pass your fitness tests when you head back to school. Stay **strong, fit** and **train** with the best! Choose your preferred session (you can choose both), and hit **REGISTER**. Hope we see you this summer!

Available to incoming high school seniors that are committed to play in College as well!

TRAINING SCHEDULE

Train regularly throughout the summer months with Sterling!

Monday @ 6:30-7:30am

Wednesday @ 6:30-7:30am

Friday @ 6:30-7:30am

Choose your preferred session below for training 4, 6 or all 10 weeks.

SESSION 1

May 20 - June 28

6 Weeks

\$360 per athlete

SESSION 2

July 1 - July 26

4 Weeks

\$240 per athlete

To Register, click the link below, email us, or give us a call!