



College Prep Training

Amplify the intensity with our college prep group sessions! These trainings are designed to model a strength & conditioning session at the collegiate level. Trainers will also assist the athletes in effectively balancing the responsibilities of their academics, practice schedule, games/competitions, and training sessions. Do not wait until you are on campus to prepare yourself for the demand of being a college student-athlete!

Join us for our College Prep 8-week programming Summer Intensive from June 9, 2025 through August 9, 2025. Below are the expectations and incentives for these student-athletes:

- College Prep Training twice a week.
- Attend a FlexMo! Training twice a month.
- Set up a one-on-one meeting with Coach Pitchford twice a month to review & discuss academics, goals, nutrition, skill development, etc.
- If you are unable to make it to the scheduled College Prep Training, you can attend/register for a CASE III where Coach Pitchford will have your training written out for you to do on the side.
- Unlimited group training throughout the 8-week programming, including a complimentary week of unlimited group training on the OFF week of College Prep that will run from Friday, July 4, 2025 through Friday, July 11, 2025.



Requirements

- Minimum of a 2.5 cumulative GPA – must provide documentation.
- Two letters of recommendations, one from a teacher and one from a coach.
 - Must be emailed to info@aed8sports.com in PDF format by the individuals writing the recommendations.
- Information Sheet & Questionnaire completed and submitted at the link below:

<https://forms.gle/tMh2nrPaw8wed8kWA>

All items must be completed and submitted by Friday, May 23rd. College Prep admission decisions will be sent out on Friday, May 30th.

Payment

- Total Payment of \$600 for 8-week programming.
 - Unlimited group training from 6/9/25 - 8/9/25.
 - Does NOT include personal training sessions.
- Payment 1 of \$300 - Saturday, June 7th
- Payment 2 of \$300 - Saturday, July 12th

Athletes will ACTIV8, ELEV8, & DOMIN8 in the following:

- Responsibility
- Accountability
- Health
- Strength
- Speed & Agility
- Stability & Mobility
- Explosiveness & Power

AEDB

SPORTS | FITNESS | TRAINING

June 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10 College Prep 1-2pm	11	12 College Prep 1-2pm	13	14 \\
15	16	17 College Prep 1-2pm	18	19 College Prep 1-2pm	20	21
22	23	24 College Prep 1-2pm	25	26 College Prep 1-2pm	27	28

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July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1 College Prep 1-2pm	2	3 College Prep 1-2pm	4	5
6	7	8	9	10	11	12
13	14	15 College Prep 1-2pm	16	17 College Prep 1-2pm	18	19
20	21 College Prep 8-9am	22 College Prep 8-9am	23	24	25	26
27	28 College Prep 8-9am	29 College Prep 8-9am	30	31	1	2

August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5 College Prep 8-9am	6	7 College Prep 8-9am	8	9