



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 2, 2026 through July 30, 2026. Below are the expectations and incentives for these student-athletes:

- College Prep Training twice a week.
- Set up a one-on-one meeting with Coach Pitchford once a month to review & discuss academics, goals, nutrition, skill development, etc.
- If you are unable to make it to the scheduled College Prep Training the make up dates will be during the OFF week, which is the halfway point of the program, OR the week after the conclusion of the program. Dates are below.

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 Monday, May 25th. College Prep admission decisions will be sent out by Friday, May 29th.

AEROBIC

SPORTS | FITNESS | TRAINING

June 2026

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

July 2026

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

August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8

6/28 - 7/4 is the midway OFF week, as well as a week to make up any missed trainings, in addition to 8/2 -8/8, the week after the conclusion of the program.



Payment

- Total Payment of \$600 for 8-week programming.
 - Personal and group trainings are separate payments, as well as any make up trainings outside of the designated dates.
- Payment 1 of \$300 - Saturday, May 30th
- Payment 2 of \$300 - Saturday, June 27th

We can personalize a College Prep Program with more available dates and times, for an additional fee. Please contact us at info@aed8sports.com for additional information.

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

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