**NEXT LEVEL TRAINING SCHOLARSHIP**

Summer 2015

Poston’s Fitness for Life is now accepting applications for their Next Level Training Scholarship valued at $1,800. This 10-week summer training program is designed to help one (1) male and one (1) female high school senior athlete prepare for sports at the next level. All applicants must be graduating seniors (Class of 2015) of good character and academic standing, who are planning to play sports at the collegiate level beginning in the 2015-2016 academic year. The program will run from June 1st through August 7th, 2015.

The scholarship will consist of the following 10-week training package:

* A Fitness Assessment to baseline athletic conditioning and performance
* A personalized goal-based training program
* (2) 50-minute Personal Training sessions each week with Sports Conditioning Specialist and Certified Personal Trainer, Scott Chamberlin. Scott has experience playing and coaching at the collegiate level and has over 10 years of experience working in the sports industry.
* Semi-Private Membership status for an additional (3) sessions per week at Poston’s Fitness for Life
* Enrollment in Poston’s Next Level Performance summer program. This program, featuring a 45-minute lecture and 45-minute training session, is designed to prepare the athlete mentally, physically, and emotionally for what lies ahead. It will cover topics such as academic responsibility, the sport commitment, and money management as well as examine the importance of good decision making skills. This program will be offered August 3rd - 7th, 5:00-6:30pm.

Interested applicants should complete the application and return to Poston’s Fitness (attn.: Coach Chamberlin) by May 15, 2015. Competitive applicants will be contacted for an interview by May 22nd. Final selections will be made by May 29th.

**NEXT LEVEL TRAINING SCHOLARSHIP**  
APPLICATION

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| Name: | | E-mail: | |
| Address: | | Phone: | |
| High School: | Graduation Date: | | GPA: |
| High School Sports: | | | |
| Other Extracurricular Activities: | | | |
| College or University Attending Fall 2015: | | | |
| Program of Study or Planned Degree: | | | |
| College Sports: | | | |
| Poston’s is offering this scholarship to prepare you mentally, physically, and emotionally for what lies ahead. Provide some examples from your high school years that demonstrate your ability to balance commitment to athletics and academic excellence. Why should we choose you for this Next Level Training Scholarship? *(Please type response in this section. Use as much space as needed.)* | | | |
| Please include at least one letter of recommendation from a coach. The letter should be e-mailed from the coach directly to Coach Chamberlin at [postonsfitness@gmail.com](mailto:postonsfitness@gmail.com) by May 15th. Please indicate the applicant’s name and Next Level Training Scholarship in the subject line. | | | |

Please email to [postonsfitness@gmail.com](mailto:postonsfitness@gmail.com) no later than May 15th, 2015. Please indicate the applicant’s name and Next Level Training Scholarship in the subject line.