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## Sterling hoping for a Rebel yell

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 [Video: Sterling Preparing to Run With the Rebels](#)



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[A](#) | [A](#) | [A](#)

Knoxville (WVLT) -- He was a shining star for Farragut on football Friday nights, but Andre Sterling knows it's an all new ballgame in the Southeastern Conference.

As a result, the future Ole Miss Rebel is spending his summer training--and training hard.

"It's gonna be totally different at the next level. I don't care if it's division one or division three, you gotta put in the training," Sterling told Sports Overtime's Daryl Hobby Monday afternoon.

And that's exactly what the Mr. Football runner-up is doing. He's putting in 75-90 minute workouts at the D1 training facility in West Knoxville.

"It's crackin' down time. If you're not working out now, you can just count yourself on the scout team. I'm not scared. There's more anxiety than anything. I don't know what to expect.

Rushing for over 2,700 yards with 29 touchdowns, Sterling shined during his senior season with the Admirals, but that didn't translate into a star recruit.

Of the 12 SEC schools, Ole Miss was the only that offered a full scholarship--and that didn't happen until Houston Nutt became the head coach.

"Houston is straight up. He told me what I wanted to hear, and what I needed to hear. He's always talking football and loves running backs."

But before Sterling runs with the Rebels, he'll first head to Virginia's Hargrave Military Academy for one semester. Not becomes of grades. His classroom work is fine and is academically eligible. Heading there will him a chance to improve his skills on the football field. He plans to enroll at Ole Miss next January.

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