



**#5 Sterling Flunder**

Position: Defender

Date of Birth: 02-14-86

Years With Riverhounds: 4

Hometown: Bothell, Washington

College Attended: Marshall Unvierstiy

Sterling, a shutdown left back, returns for his fourth professional season with the Riverhounds. On record Flunder has 2 goals in 2 seasons with the Riverhounds. Flunder is determined to create quality opportunities from the back line and increase his offensive production in 2013 system. Flunder has dedicated a great deal of time during the off-season to increase his fitness and develop his attacking abilities. During his rookie season, Sterling played a major role in helping to make the Riverhounds defense the stingiest in the entire USL 2nd Division. Sterling's competitive nature, athleticism and ability to attack will make him a dynamic defender this year.