

## COLLEGE ATHLETE MEMBERSHIP

Summer 2019

### Sanford **POWER**:

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Sanford **POWER** is the regional leader in offering individualized programming for athlete development, sport performance training and injury prevention. Since 1999, we have provided the most comprehensive holistic programming for athletes of all ages and skill levels. We integrate the latest in technology and scientific research combined with expert coaching to improve mobility, strength, speed, agility and explosive power. Our Certified Strength & Conditioning Specialists have over ninety (90) years of combined coaching experience. Along with our orthopedic physicians, PT's, ATC's, Sports Nutritionist and the Sanford Sports Science Institute (SSSI), we offer the most integrated and comprehensive sports performance programming available.

### Details:

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**WHO:** College athletes that are in the Sioux Falls area for the summer

**WHAT:**

- Use your college strength & conditioning program to train at the Sanford Fieldhouse.
- Set training days and times around your schedule.
- Discounted membership fee paid up front.
- Membership valid for 90 consecutive days between May 1 and August 31.
- You decide the starting date.
- Valid only at the Sanford Fieldhouse (Wellness Centers not included).
- Must defer any equipment/Field 1 usage to scheduled POWER groups if needed.

**WHEN:** May 1 - August 31, 2019 during scheduled open hours:  
Monday-Thursday 5:30am-8pm / Friday 5:30am-7pm / Closed Saturday & Sunday  
Closed May 27<sup>th</sup> and July 4<sup>th</sup>

**FEE:** Fee of \$129/athlete (price includes tax) for the 90 day membership.  
No partial refunds or pro-rated fees.

If you have any questions please contact **POWER** at (605) 312-7800