

ROOSEVELT FOOTBALL SPEED/AGILITY

Sanford **POWER** / Summer 2020

Sanford **POWER** is the regional leader in designing individualized programs 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. This includes:

- Customized Sports Performance Speed/Agility Programming
- Sports Nutrition Education team presentations available (*additional fee*)
- Access to Sanford Sports Science Institute (SSSI) Services: (*additional fee*)

Details:

WHO: Provided to Sioux Falls Roosevelt High School Football athletes (entering grades 9-12)
*Max/Min of 12 athletes per group (subject to change)
*Friday's only; 8 total sessions

WHEN: June 5 – July 31 2020. *(**No session July 3**)
8:00 – 9:00 AM or 9:00 – 10:00 AM or 10:00 – 11:00 AM
***Must choose one session time

WHERE: Training sessions to take place at Sanford Fieldhouse Only

FEE: Fee of \$103/athlete (price includes tax) / No make-ups or pro-rated amounts

Register and pay at: www.sanfordpower.com

1. go to yellow "**REGISTER**" tab and select "SIOUX FALLS"
2. Enter your username and password / or create a new account
3. Select "Program Registration" to choose the desired option

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