

COLLEGE ATHLETE MEMBERSHIP

Winter 2020-21

Sanford *POWER*:

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:

WHO: College athletes that are in the Sioux Falls area for the Winter break

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 45 consecutive days between Dec 1 and Jan 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: Dec 1 – Jan 31 during scheduled open hours
Monday – Thursday 5:30am-9pm / Friday 5:30am-8pm / Saturday 8am-12pm
Closed dates: Sundays, Dec 5, Dec 25/26 and Jan 1/2

FEE: Fee of \$65/athlete (plus tax) for the 45 day membership.
No partial refunds or pro-rated fees.

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