

BASEBALL/SOFTBALL

POWER Program – Winter 2021

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:

Offered to Sioux Falls Cyclones Baseball and Softball athletes grades 9th – 12th.

WHAT:

- Improve overall athleticism for baseball/softball in a fun and supportive environment
- Emphasis: Strength, power, mobility and injury reduction exercises for baseball/softball.
- Arm/shoulder care exercises integrated each session.
- Sports Nutrition educational presentations available (**additional fee*).
- Sanford Sports Science Institute (SSSI) testing services available (**additional fee*).

WHEN:

January 12 – March 25, 2021. (22 total sessions)

Tuesday and Thursday @ the Sanford Fieldhouse

6:30-7:30pm

**Must register by January 4th, 2021

FEE:

Fee of \$280/athlete (price includes tax).

No make-up sessions or pro-rated amounts / **Minimum group size 8 / Max group size 16

Register, pay & complete paperwork at: www.sanfordpower.com

1. Go to yellow "REGISTER" tab and select "SIOUX FALLS"
2. For existing members enter you username and password
3. For new members select "become a guest"
4. Select "Program Registration" to choose the desired option

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