

HIGH PERFORMANCE SUMMER PROGRAM

June 1st – June 29th (Block 1)

July 1st – July 29th (Block 2)

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: High School athletes (male and female) entering grades 9-12

WHAT: Comprehensive sports performance package that includes:

- Programming designed for each athletes specific sport demands
- Nutrition Coaching & Body composition testing
 - Monthly nutrition coaching and body composition measurements to track athletes goals
- Introduction to body maintenance and recovery sessions
 - Hands-on soft tissue release techniques to encourage blood flow, aid in soreness and improve range of motion

Schedule / Registration / Fee:

- Monday/Tuesday/Thursday from 9:00-10:00am
- Monthly sign-up / pre-pay for each month by the first day of the program.
- 60 minute sessions / No make-ups / No pro-rated refunds / **No session on July 5th**
- Fee: \$150 (tax included)/month for 3 days per week
- Fee: \$120 (tax included)/month for 2 days per week (Tuesday/Thursday)

- **Pay** at Fieldhouse front desk **before** the first session of each month.
- **Register** & complete paperwork at: sanfordpower.com

*go to yellow "REGISTER" tab and select "SIOUX FALLS"

*Enter your username and password / or create a new account

*Select "Program Registration" to choose the desired option

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