

MIDDLE SCHOOL PROGRAM

Summer 2018

Sanford POWER:

Sanford POWER is the regional leader in offering individualized programming for athlete development, sport performance training and injury prevention. For over 19 years 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:

- Offered to all middle school athletes (boys and girls) entering **grades 5-8**
- Emphasis on mastering basic movement skills in a supportive and fun environment: (jumping, landing, deceleration, spatial awareness, body control and balance)
- All strength/speed/agility exercises are age/skill level appropriate
- Introduction to weight room strength exercises in preparation for high school
- Includes Sports Nutrition educational presentation (ie: healthy snacks, hydration, etc.)
- Includes Sanford SCORE^{PRO} biomechanical athlete assessment (pre and post testing)
- Sanford Knee Injury Prevention Program exercises integrated each week

Schedule / Registration / Fee:

- Monday/Wednesday/Friday from 10-11am at the Sanford Fieldhouse
- June 4 – August 4, 2018 (24 total sessions)
- **No sessions the week of July 2-6, 2018**
- 60 minute sessions / No make-ups / No pro-rated refunds
- Fee: \$259 (\$243.19 + tax) *(additional children in a family are discounted to \$199, please call the front desk to get them registered)

- Register and pay at: www.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.