

## MIDDLE SCHOOL PROGRAM

Summer 2019

### Sanford **POWER**:

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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:

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**WHO:** Offered to all middle school athletes (boys and girls) entering **grades 5-8**

**WHAT:**

- Emphasis on mastering foundational movement skills in a fun and supportive environment
- Jumping, landing, deceleration, spatial awareness, body control, balance and speed
- All exercises and drills are age and skill level appropriate
- Introduction to weight room strength exercises in preparation for high school
- Includes Sanford SCORE<sup>PRO</sup> biomechanical athlete assessment (pre and post testing)
- Includes Sports Nutrition presentation (ie: healthy snacks, hydration, etc)
- Sanford Knee Injury Prevention Program (SKIPP) exercises integrated each week

**WHEN:** June 3 - August 2, 2019. \*(**No sessions July 1-5**) / 24 total sessions  
Monday/Wednesday/Friday from 10-11am at the Sanford Fieldhouse

**FEE:** Fee of \$299/athlete (price includes tax) / No make-up sessions or pro-rated amounts  
\*Additional children in a family discounted to \$199. Please call our front desk to register them.

Register and pay at: [www.sanfordpower.com](http://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**