

## BRANDON VALLEY MIDDLE SCHOOL

Sanford **POWER** / Summer 2019

### Sanford **POWER**:

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Sanford **POWER** is the regional leader in designing individualized programs 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. This includes:

- 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
- Sanford Knee Injury Prevention Program (SKIPP) exercises integrated each week

### Details:

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**WHO:** Provided to current Brandon Valley **Middle School** athletes entering **grades 7-8**

**WHEN:** June 3 - August 2, 2019. \*(**No sessions July 1-5**)

Monday / Wednesday / Friday

Session 1 @ 8-9:30am / Session 2 @ 9:30-11am (**Must choose a session**)

Minimum 20 / Maximum 45 athletes per session

**WHERE:** Training sessions to take place at Brandon Valley High School

\*(**meet in the HS weight room on June 3<sup>rd</sup>**)

**FEE:** Fee of \$160/athlete (price includes tax) / 24 total sessions / No make-ups or pro-rated amounts

\*Additional children in a family are discounted to \$120. Please call our front desk to register them.

\*For scholarship information please contact Randy Marso @ [Randy.Marso@k12.sd.us](mailto:Randy.Marso@k12.sd.us)

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**