

HARRISBURG HIGH SCHOOL

Sanford **POWER** / Summer 2019

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. This includes:

- SCORE Athlete Assessment pre/post testing (June 6 / August 1) *see separate schedule.
- Customized Sports Performance programming for strength, speed, power and agility
- Sports Nutrition Education team presentations available (*additional fee may apply*)
- Athlete biomechanical functional movement assessment (SCORE^{PRO}) (*additional fee*)
- Access to Sanford Sports Science Institute (SSSI) Services:
(Hydration/Sweat Loss Testing, Concussion Research, Body Composition Testing)

Details:

- Offered to current Harrisburg High School athletes & incoming freshmen (entering grades 9-12)
- Training sessions held at Harrisburg High School (see attached group training schedule)
OR Sanford Fieldhouse (SCORE Testing only on June 6th and August 1st)
- Fee of \$160/athlete (tax included) for POWER Summer Program

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

*For scholarship information please contact Jim Altenburg at jim.altenburg@k12.sd.us

Schedule / Registration / Fee:

- June 3 - August 1, 2019. *(**No sessions July 1-5**)
- M/T/W/TH @ Harrisburg High School
- **SCORE Testing @ Sanford Fieldhouse (June 6th and Aug 1st only)**
- No make-up sessions / No prorated amounts
- Full payment of \$160 (tax included) due by May 31st
- 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

For more information please call **POWER** at (605) 312-7800.