

LINCOLN HIGH SCHOOL

Sanford **POWER** / Summer 2019

Sanford **POWER**:

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:

- SCORE Athlete Assessment pre/post testing (June 5 / July 31) *see separate schedule.
- Customized Sports Performance Programming
- Sports Nutrition Education team presentations available (*additional fee*)
- Access to Sanford Sports Science Institute (SSSI) Services: (*additional fee*)

Details:

- WHO:** Provided to current Sioux Falls Lincoln **High School** athletes (entering grades 9-12)
- WHEN:** June 3 - August 2, 2019. ***(No sessions July 1-5)**
***(see separate team/group time schedule attached)**
Mon/Tue/Thur @ Sioux Falls Lincoln High School *(meet in the wt room)
Wed/Fri @ Sanford Fieldhouse
***June 5th & July 31st SCORE Testing at the Sanford Fieldhouse** *(see schedule)
- WHERE:** Training sessions to take place at Sioux Falls Lincoln High School **OR** the Sanford Fieldhouse
- FEE:** Fee of \$160/athlete (price includes tax) / 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 Joey Struwe @ Joey.Struwe@k12.sd.us
- Register and pay at: 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**