

ELITE POWER PROGRAM

June 8th – July 1st (Block 1)

July 8th – July 31st (Block 2)

Sanford **POWER**:

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:

WHO: Selected varsity HS and collegiate athletes (male and female)

WHAT: Comprehensive sports performance package that includes:

- Programming designed for each athletes specific sport demands
 - M,W (Strength) / Tuesday & Thursday (Speed/Agility/Conditioning)
- Nutrition Coaching & Body composition testing
 - Monthly nutrition coaching and body composition measurements to track athletes goals
- Introduction to body maintenance and recovery sessions
 - Hands-on soft tissue release techniques to encourage blood flow, aid in soreness and improve range of motion
- NeuroTracker Training
 - Improves visual performance and cognitive (brain) function

WHEN: June 10th – July 3rd, 2019
Monday – Thursday from 9:00am – 10:00am

FEE: \$249.00/athlete (per program block; price includes tax)
Pay at Fieldhouse front desk **before May 25, 2020**

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