

MIDDLE SCHOOL PROGRAM

Summer 2020

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

WHEN: June 1 or 2 or 3 – July 31, 2020. *(**No session July 3rd**) / 17 total sessions

Option 1: Monday @ 9:00 AM and Friday @ 9:00 AM

Option 2: Monday @ 10:00 AM and Friday @ 10:00 AM

Option 3: Tuesday @ 12:00 PM and Friday @ 12:00 PM

Option 4: Wednesday @ 11:00 AM and Friday @ 11:00 AM

Sessions are held at the Sanford Fieldhouse

***Must choose one option

FEE: Fee of \$220/athlete (price includes tax) / No make-up sessions or pro-rated amounts

**Maximum group size of 8

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