

Football College Prep Program

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:

"Failing to prepare is preparing to fail"-Benjamin Franklin, What do you get when you put some of the best athletes in the state in the same training facility at the same time? One of the most competitive environments possible. We are looking to take the best football players in the state and train them together for the benefit of one another. This competitive environment will help foster the growth needed to prepare for college football.

WHO: Offered to the best football players in Sioux Falls and the surrounding communities

WHAT:

- Incorporation of training modalities/exercises to help athletes improve speed, agility, and power production
- Environment structured/designed to enhance perception and movement development

WHEN: November 30th –February 24th 6:30-7:30 PM **Mondays and Wednesdays** @ the Sanford Fieldhouse (23 Total Sessions)-No Sessions on December 23th, 28th, and 30th

COACHES: Brady Bonte, Rony Sieperda

FEE: Fee of \$300 /athlete (Group of 7) - Discounts available for larger groups
No make-up sessions or pro-rated amounts.
****Minimum group size of 7**
***If minimum isn't reached the price will increase**

Additional Services: *3 Body composition checkups with Sanford SSI (Sport Science Institute) - **+\$25.00**
*Preliminary nutritional meeting to discuss nutritional needs based on goals - **+\$TBD**
• **Register, pay & complete** paperwork at: sanfordpower.com

- *go to yellow "REGISTER" tab and select "SIOUX FALLS"
- *For existing members enter your username and password
- *For new members select "become a guest"
- *Select "Program Registration" to choose the desired option
- *Must Register by November 20th

If you have any questions please contact POWER at (605) 312-7800