

Roosevelt Winter POWER Program 2021

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 Roosevelt High School Football Athletes

WHAT:

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

WHEN:

January 12th 7:30-8:30 PM (Tuesday) @ the Sanford Fieldhouse
January 15th 11:30-12:30 PM (Friday) @ the Sanford Fieldhouse
January 18th 11:30-12:30 PM (Monday) @ the Sanford Fieldhouse
January 26th – March 9th 7:30-8:30 PM (Tuesday) @ the Sanford Fieldhouse
(10 total sessions)

FEE: Fee of \$156.00/athlete
No make-up sessions or pro-rated amounts.
**Minimum group size of 8

ADDITIONAL SERVICES: *Three body composition checkups with Sanford SSI (Sports Science Institute) are included with the training program. It is important to measure overall body composition with there being a high correlation between body fat, weight, and explosiveness.

Register and pay at: www.sanfordpower.com

1. Go to yellow "REGISTER" tab and select "SIOUX FALLS"
2. For existing members enter you username and password
3. For new members select "become a guest"
4. Select "Program Registration" to choose the desired option

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