

CROSS COUNTRY PREP PROGRAM

Sanford **POWER** / Summer 2021

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 program is designed specifically for the endurance athlete. The goal of this program is to improve the athletes' ground reaction force and stride length for an enhanced running proficiency. It will incorporate running education, strength training and plyometrics.

Details:

- WHO:** Offered to all **High School** cross country athletes (entering grades 9-12)
- WHAT:**
- 8 week training program helps prepare for the fall cross country season
 - Will receive a pre and post-force plate running analysis and a lactate threshold baseline test
 - Sport Nutrition check-ins with on-site dietician
 - Sanford Sports Science Institute (SSSI) testing services available (**additional fee*)
- WHEN:** June 8 – July 29, 2021 ***(No sessions July 1st and 6th)** / 14 total sessions
Tuesday and Thursday @ the Sanford Fieldhouse
12:30 – 2:00pm
**Must register by Tuesday, June 1st
- WHERE:** Training sessions to take place at the Sanford Fieldhouse
- FEE:** Fee of \$299/athlete (plus tax) / No make-ups or pro-rated amounts
*Maximum group size of 10

Register and pay at: www.sanfordpower.com

*go to yellow "REGISTER" tab and select "SIOUX FALLS"

*Enter your username and password / or create a new account

*Select "Program Registration" to choose the desired option

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