

## Middle School Program

Fall-Spring 2021-22

### Sanford **POWER**:

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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.

### Program Details:

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- Offered to all youth athletes (boys and girls) in **grades 5-8**
- Prepay month-to-month. The program runs from September – April, 2022
- Emphasis on mastering basic movement skills in a supportive and fun environment: (jumping, landing, deceleration, spatial awareness, body control and balance)
- All strength/speed/agility exercises are age/skill level appropriate
- Sanford Knee Injury Prevention Program exercises integrated each month
- Includes Sports Nutrition educational presentation (ie: healthy snacks, hydration, etc.)
- On site PT/ATC staff (Fieldhouse).
- POWER sessions will take place in the Sanford Fieldhouse.

#### **Schedule / Registration / Fee:**

- Monday/Wednesday/Thursday from 6:30-7:30pm / September-April
- Monthly sign-up / pre-pay for each month by the first day of the program.
- 60 minute sessions / No make-ups / No pro-rated refunds.
- Fee: \$111.83 (\$105 + tax)/month
- **Pay** at Fieldhouse front desk **before** the first session of each month.
- **Register** & complete paperwork at: [sanfordpower.com](http://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.

