

CYCLONES/POWER BASEBALL/SOFTBALL

POWER Program – Fall 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 Sioux Falls Cyclones Baseball and Softball Athletes 11-14u.

WHAT:

- Improve overall athleticism for baseball/softball in a fun and supportive environment
- Emphasis: Technique, Strength, Power, Mobility, and Injury Reduction exercises for baseball/softball.
- Arm/shoulder care exercises integrated each session.
- Sanford Sports Science Institute (SSSI) testing services available (*additional fee).

WHEN: September 27th – November 5th, 2021. (30 total sessions)
12-Strength/POWER Sessions with Strength and Conditioning Specialist Brady Bonte
18-Throwing Sessions with Cyclones Coach Aaron Labrie
Monday-Friday @ the Sanford Fieldhouse 6:30-7:30pm
-Monday, Wednesday, and Friday Throwing mechanics and technique
-Tuesday and Thursday Strength and Conditioning
**Must register by September 15th, 2021

FEE: Fee of \$450/athlete (price includes tax).
No make-up sessions or pro-rated amounts / **Minimum group size 8 / Max group size 15
-IF MAX NUMBER OF ATHLETES IS REACHED, ANOTHER GROUP WILL BE ADDED 7:30-8:30

To sign up or if you have questions, please contact *Coach Labrie* at 1(605) 929-1672 or email aaron@sfcyclones.com

-Make checks payable to Sanford POWER Baseball