

## POWER Track 2022 – Prep Program

### 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.

### Details:

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**WHO:** Offered to ALL High School Track & Field Athletes

**WHAT:**

- 8 week training program helps prepare for the upcoming spring season
- Primarily focus on running technique, speed endurance, explosiveness and strength training
- Sanford Sports Science Institute (SSSI) testing services available (*\*additional fee*)

**WHEN:** January 3 – February 25, 2022. (23 total sessions)  
**Monday / Wednesday / Friday** @ the Sanford Fieldhouse  
4:00-5:30pm \*No Session on Friday, February 4<sup>th</sup>

**FEE:** Fee of \$320/athlete (300.47 + tax).

No make-up sessions or pro-rated amounts

\*\*Minimum group size of 8

• **Register, pay & complete** paperwork at: [sanfordpower.com](http://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 December 29<sup>th</sup>

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