SANFORD SPORTS
sanfordsports.com

West Central – Summer 2024

Sanford Sports Performance:

Sanford Sports Performance 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 Coaches have over ninety (90) years of combined coaching experience. Along with our orthopedic physicians, PT's, ATC's and the Sanford Sports Performance Lab, we offer the most integrated and comprehensive sports performance programming available.

Details:

WHO: Current West Central Athletes (athletes entering grades 6-12)

WHAT: Comprehensive sports performance package that includes programming designed for each athletes' specific sport demands (strength, speed, agility and conditioning)

WHEN: June 3rd – July 25th, 2024. (No sessions July 1-7)
Monday, Tuesday and Thursday
*Sign-up Deadline: Friday, May 24th

Group Times
Group 1: 8:00am – 9:00am (High School Group)
Group 2: 9:00am – 10:00am (Middle School Group#1)
Group 3: 10:00am – 11:00am (Middle School Group #2)

WHERE: Training sessions to take place at West Central High School
*Meet in Becker Center Gym

FEE: Fee of $160/athlete (price includes tax) / No make-ups or pro-rated amounts
*10% discount for families with 2+ registered participants
Minimum group size of 15 / Maximum group size of 25

Register & complete paperwork at: Sanfordsports.com
*Select "Program" and "Add to Cart"
*Become a "Guest" or Enter your username and password
If you have any questions please contact ***PERFORMANCE*** at (605) 312-7800