

Powerlifting Performance Program

M/W/F - Summer 2024

Sanford Sports Performance:

Sanford Sports Performance is the regional leader in offering individualized programming for athlete development, sport performance training and injury reduction. 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: Offered to all athletes (boys and girls) entering **grades 7-12**

WHAT:

- Emphasis on mastering foundational movement skills in a fun and supportive environment
- Improve strength, power and mobility for all powerlifting competitors
- All exercises and drills are age and skill level appropriate
- Sanford Performance Lab testing services available (**additional fee*)

WHEN: June 3rd – August 2nd, 2024. ***(No session July 1st – 5th)** / 24 total sessions
Monday/Wednesday/Friday @ 3:00 – 4:00 PM
*Sign-up Deadline: Wednesday, May 29th

FEE: Fee of \$339/athlete (price includes tax) / No make-up sessions or pro-rated amounts
**Minimum group size of 5 / Maximum group size of 20

Register & complete paperwork at: [Sanfordsports.com](https://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