



SANFORD SPORTS

Bemidji Youth Hockey In-Season Sports Performance

Program Goals & Objectives

In-season hockey strength and conditioning focuses on maintaining peak performance while minimizing fatigue and injury risk. Training emphasizes recovery, mobility, and power maintenance through our high-intensity sessions tailored to game schedules. The goal is to support on-ice performance without compromising readiness or resilience throughout the season.

15 Week Training Program: October 27th, 2025 – February 19th, 2026

2 days/week training

Bantam/Jr Gold Group – Monday & Wednesday – 4:00-5:00pm

Peewee Group – Monday & Wednesday – 5:00-6:00pm

Bantam/Peewee Group - Tuesday & Thursday – 5:00-6:00pm

12U Girls Group - Tuesday & Thursday – 5:00-6:00pm

Date Time	Monday	Tuesday	Wednesday	Thursday
4:00-5:00 PM	Bantam/Jr Gold Group [25 participants]	Bantam Peewee Group [25 participants]	Bantam/Jr Gold Group	Bantam Peewee Group
5:00-6:00 PM	Peewee Group [25 participants]	12U Group [25 participants]	Peewee Group	12U Group

Staff

Cam Boen, CSCS, Sanford Sports Senior Strength and Conditioning Coach

Anna Iburg, CSCS, Sanford Sports Senior Strength and Conditioning Coach

Austin Jouppi, Sanford Sports Strength and Conditioning Coach

Location

Sanford Sports Bemidji – 3000 Division St W, Bemidji, MN, 56601 [Upstairs within the Bemidji Community Arena]

REGISTER HERE



[Sanford Sports Performance - BYHA In-Season](#)