

SANFORD SPORTS

Fall 2026 Hockey Academy Program

WHO: Youth Hockey Players Squirts- Bantams

WHAT: Hockey Power Skating and Skills training

Each session includes 30 minutes on the hockey treadmill and 30 minutes of synthetic ice skills training including but not limited to: stick handling, passing, and shooting drills.

WHEN: August 24th- October 16th

*Option A- Mondays or Wednesdays (1-day options)

*Option B- Tuesdays/Thursdays (2-day option)

- 3:30-4:30pm- Grades 3-5
- 4:30-5:30pm- Grades 6-7
- 5:30-6:30pm- Grades 6-7
- 6:30-7:30pm- Grades 8-9

WHERE: Training sessions to take place at Bismarck Sanford Sports facility.

COST: \$175/athlete for *Option A.

\$300/athlete for *Option B.

*Maximum group size of 5 per session

*1 on 1 and other small group training options available.

*Dryland training options available- Call Sanford Sports for more info.

HOW TO REGISTER:

Call our front desk at 701-323-1125

Or visit sanfordsports.com

