

SANFORD SPORTS

SANFORD SPORTS PERFORMANCE ELEMENTARY SCHOOL (Grades 3-5) WINTER TRAINING 2026

WHO: Grades 3-5

WHAT: Performance Training

Each day will cover components of strength, speed, and agility while laying the foundation for future training success.

WHEN: January 5th – February 27

*Option A- Mondays/Wednesdays 3:00pm-4:00pm

*Option B- Tuesdays/Thursdays 3:30pm-4:30pm

*Option C – ALL 4 Days

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

COST: \$200/athlete for 2 day program \$375/athlete for 4 day program

Limited spots available

HOW TO REGISTER:

Call our front desk at 701-323-1125, visit sanfordsports.com or scan QR Code below.

