

SANFORD SPORTS

SANFORD SPORTS PERFORMANCE HIGH SCHOOL (Grades 9-12) FALL TRAINING 2026

WHO: Grades 9-12

WHAT: Performance Training

WHEN: August 24th – November 13th
(No Training September 1 – Labor Day)

Early Bird Session 6:15am-7:30am

*Speed, Agility, and Strength every day – Mondays/Tuesdays/Thursdays

Afternoon Session 1: 2:00pm-3:00pm

Afternoon Session 2: 4:30pm-5:30pm

*Strength Emphasis - Mondays/Wednesdays

*Speed and Agility Emphasis - Tuesdays/Thursdays

*Both options – ALL 4 Days

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

COST: \$300/athlete for 2 day program \$500/athlete for 4 day program and early bird program

Limited spots available

HOW TO REGISTER:

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

