

SANFORD SPORTS

SANFORD SPORTS PERFORMANCE MIDDLE SCHOOL (Grades 6-8) EARLY FALL TRAINING 2026

WHO: Grades 6-8

WHAT: Performance Training

WHEN: August 24th- October 16th
(No Training September 1 – Labor Day)

Session 1: 5:30pm-6:30pm

Session 2: 6:30pm-7:30pm

*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: \$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.

