SANFORD SPORTS

SANFORD SPORTS PERFORMANCE
HIGH SCHOOL (Grades 9-12)
WINTER TRAINING 2027

WHO: Grades 9-12

WHAT: Performance Training

WHEN: November 30, 2026 – February 19, 2027
(No Training December 24)

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

Limited spots available ***scholarships available!**

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

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sanfordsports.com

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