

SANFORD SPORTS

Winter 2026 Hockey Academy Program

WHO: Youth Hockey Players

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: January 5th – February 25th

*Option A- Mondays

*Option B- Tuesdays

*Option C- Wednesdays

- 3:00-4:00pm (grades 3-5)

- 4:00-5:00pm (grades 6-7)

- 5:00-6:00pm (grades 8-9)

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

COST: \$200/athlete

Maximum group size of 6 per session

*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

