

SANFORD SPORTS

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

WHO: Grades 6-8

WHAT: Performance Training

WHEN: January 5th – February 27

Session 1: 5:00pm-6:00pm

Session 2: 6:00pm-7:00pm

*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.

