

SANFORD SPORTS

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

WHO: Grades 6-8

WHAT: Performance Training

WHEN: October 26th- December 18th (No Training November 26 – Thanksgiving)

Time - 5:30pm-6:30pm

*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.
3451 N 14th Street Suite C, Bismarck ND 58503

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.

