

SANFORD SPORTS SUMMER TRAINING 2026

Program Dates:

Monday – Thursday @ Sanford Sports Performance
8 weeks – June 1 – July 30

**No Training June 29th-July 3th

Program Times:

6:00 AM - 7:00 AM: College & High School Performance

7:00 AM - 8:00 AM: High School Performance

8:00 AM - 9:00 AM: Middle School Performance

9:00 AM – 10:00 AM: High School Performance

10:00 AM - 11:00 AM: Middle School Performance

12:00 PM – 1:00 PM: Adult & Elementary Performance

3:00 PM – 4:00 PM: High School Performance

4:00 PM – 5:00 PM: Elementary Performance

COST: \$175/athlete

Choose one of the following to register:

- Call Sanford Sports - Bismarck
- Scan the QR Code
- Sign-up online

Contact Info:

- www.sanfordsports.com
- (701) 323-1125
- 3451 N 14th St Suite C, Bismarck, ND 58503

