



SPRING ATHLETE SCHEDULE 2026

KEY DATES:

Start Date/End Date: Monday 3/2 – Thursday 5/14

High School

6:00 a.m. – 7:15 a.m. | **Monday – Thursday** | (x4 Day) **\$485.00** or (x 2Day) **\$240.00**

4:00 p.m. – 5:15 p.m. | **Monday – Thursday** | (x4 Day) **\$485.00** or (x 2Day) **\$240.00**

Youth Conditioning

4:00 p.m. – 4:45 p.m. | **Tuesdays** | (x1 Day) **\$180.00**

Middle School

4:30 p.m. – 5:30 p.m. | **Monday, Wednesday, Thursday** | (x 3 Day) **\$400.00**

For Adult Training, Team Agreements or School Contracts:

Please call us at 701-757-8900

Or email Anthony.morando@sanfordhealth.org