

## **Performance Hockey Training (2008-2011)**

Performance Program – Spring 2026

### Sanford Sports Performance:

Sanford Sports Performance is the regional leader in offering individualized programming for athlete development, sport performance training and injury reduction. Since 1999, we have provided the most comprehensive holistic programming for athletes of all ages and skill levels. We integrate the latest in technology and scientific research combined with expert coaching to improve mobility, strength, speed, agility and explosive power. Our Certified Strength & Conditioning Coaches have over ninety (90) years of combined coaching experience. Along with our orthopedic physicians, PT's, ATC's, Sports Nutritionist and the Sanford Sports Performance Lab, we offer the most integrated and comprehensive sports performance programming available.

### Details:

**WHO:** Offered to ALL Hockey Players 2008-2011. 18u/16u/15

**WHAT:**

- Emphasis on increasing strength and mobility to improve performance and reduce injury.
- Strength, agility, speed and power that transfers to the ice.
- Preparation for Hockey tryouts with Customized Sports Performance Programming.
- Sports Nutrition Education team presentations available (*additional fee*).
- Access to Sanford Sports Performance Lab Services: (*additional fee*).

**WHEN:** April 14 – May 14, 2026. (10 total sessions)

Tuesday's/Thursday's @ 5:00pm-6:00pm

Sessions are held at the Sanford Fieldhouse and hosted by [Sanford Sports Performance](#)

**FEE:** Fee of \$170/athlete (plus tax)  
No make-up sessions or pro-rated amounts.  
\*\*Minimum group size of 8

**Register** & complete paperwork at: [SanfordSports.com](#)

\*Select "Program" and "Add to Cart"

\*Enter your username and password / or create a new account

**If you have any questions please contact *PERFORMANCE* at (605) 312-7800**