

SANFORD SPORTS SF FLYERS AND LADY FLYERS

2026-27 In-Season Hockey Performance Training

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 high school Sioux Falls Flyers Hockey athletes.

WHAT: Performance Programming at the Sanford Fieldhouse

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

WHEN: October 26th – February 22nd, 2027 (16 sessions)

Mondays 6:30 – 7:30 PM; No sessions on December 21st or December 28th

FEE: \$270.00 (plus tax) No make-up sessions or pro-rated amounts.

****Must register by October 19th**

REGISTER: Complete paperwork at: [Sanfordsports.com](https://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