SANFORD SPORTS
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Sioux Falls Figure Skating

Strength Program – Winter 2027

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 Sioux Falls Figure Skating Middle School and High School athletes

WHAT:
- Improving on-ice performance in a fun and supportive environment
- Emphasis: Strength, power, mobility and injury reduction exercises for skaters
- All exercises and drills programmed for your skill level and experience
- Sanford Knee Injury Prevention Program (SKIPP) exercises integrated each week
- Sanford Sports Performance Lab testing services available @ 20% discount

WHEN: January 7th – February 25th, 2027
Thursdays 4:00 PM-5:00 PM
@ the Sanford Fieldhouse (8 total sessions;)
***Must register by Monday, January 4th

FEE: $160 (plus tax)
No make-up sessions or pro-rated amounts.
**Minimum group size of 5

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