SANFORD SPORTS PERFORMANCE & DAKOTA ALLIANCE SOCCER

ATHLETIC DEVELOPMENT PROGRAM

November 16th, 2026 – March 6th, 2027

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, Mental Performance Coach and the Sanford Sports Performance Lab, we offer the most integrated and comprehensive sports performance programming available.

Details

WHO: Offered to select Dakota Alliance Soccer Academy team members.

WHAT: Performance Programming at the Sanford Fieldhouse

- Improve overall athleticism for soccer in a fun and supportive environment.
- All exercises are age/skill level appropriate.
- Sanford Knee Injury Prevention Program (SKIPP) exercises integrated into each session.
- Emphasis on speed, strength and power development.

WHEN: Monday: November 16th – March 1st. 14 total sessions.
U16 boys; 5:30pm – 6:15pm (max group size of 15)
U13 boys and U13 girls; 6:30pm - 7:15pm (max group size of 25)
U14 girls and U15 boys; 7:30pm – 8:15pm (max group size of 25)
*No sessions 12/21 and 12/28 due to Winter Break

Tuesday: November 17th – March 2nd. 14 total sessions.
U14 boys and U15 girls; 6:30pm – 7:15pm (max group size of 15)
*No sessions 12/22 and 12/29 due to Winter Break

Saturday: November 21st – March 6th. 9 total sessions
U16 girls; 10:30am – 11:15am (max group size of 20)
*No sessions on 12/5, 12/26, 1/2, 1/30, 2/6, 2/20 and 2/27 due to events and Winter Break

FEE: Mondays $219.00 (plus tax) 14 sessions, no make-ups.
Saturdays $149.00 (plus tax) 9 sessions, no make-ups.

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.

T-927-668-365 Rev. 2/25

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