SANFORD SPORTS
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FALL 2026 – MIDDLE SCHOOL PROGRAM

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 middle school athletes (boys and girls) **grades 5-8**

WHAT:
- Emphasis on mastering foundational movement skills in a fun and supportive environment
- Jumping, landing, deceleration, spatial awareness, body control, balance and speed
- All exercises and drills are age and skill level appropriate
- Introduction to weight room strength exercises in preparation for high school
- Sanford Knee Injury Prevention Program (SKIPP) exercises integrated each week

WHEN: September 8th – October 29th, 2026 / 16 total sessions – Block 1
November 3rd – December 17th, 2026 / 13 total sessions – Block 2
*No session on Thanksgiving Day
Tuesday/Thursday @ 6:00 – 7:00 PM
Sessions are held at the Sanford Fieldhouse and hosted by Sanford Sports Performance

FEE: Fee of $256/athlete (Block 1) / Fee of $208/athlete (Block 2)
Fee of $449/athlete (Full Program; prices includes tax)
No make-up sessions or pro-rated amounts
**Minimum group size of 5 / Maximum group size of 15

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