

WEST CENTRAL

SUMMER 2025 SANFORD SPORTS PERFORMANCE PROGRAM

WHO: Current West Central Athletes (athletes entering grades 6-12)

WHAT: Comprehensive sports performance package that includes programming designed for each athletes' specific sport demands (strength, speed, agility and conditioning)

WHEN: June 2nd – July 29th, 2025 (No sessions July 1-7 due to moratorium)
Monday, Tuesday and Thursday

- Group 1: 7:30am – 9:00am (High School Group)
- Group 2: 9:00am – 10:00am (Middle School Group #1)
- Group 3: 10:00am – 11:00am (Middle School Group #2)

WHERE: Training sessions to take place at West Central High School

Meet in Becker Center Gym

COST: \$200/athlete (price includes tax)

No make-up or pro-rated amounts

10% discount for families with 2+ registered participants

Minimum group size of 15 / Maximum group size of 25

HOW TO REGISTER: Visit sanfordsports.com

Select "Program" and "Add to Cart"

Become a "Guest" or Enter your username and password

Sign-up Deadline: Friday, May 23rd

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.

Sanford Sports Performance
(605) 312-7800

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