# SANFORD SPORTS SPEED/AGILITY PERFORMANCE

**Winter - 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 ALL high school athletes (male and female)

**WHAT:** Performance Programming at the Sanford Fieldhouse
- Emphasis on speed, acceleration and agility.
- Includes Sports Nutrition education presentation (ie: healthy snacks, hydration, ect).
- Sanford Sports Performance Lab testing services available *(*additional fee).*
- Sanford Sports Performance Mental Performance Coaching available (*additional fee).

**WHEN**: January 4th – February 24th, 2027 (16 total sessions)
Monday and Wednesday 7:00 PM – 8:00 PM
Sessions are hosted at the Sanford Fieldhouse by Sanford Sports Performance

**FEE:** $299.00 (plus tax) No make-up sessions or pro-rated amounts.
**Must register by Monday, December 28th

**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

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