

2026 Winter Speed/Agility Performance 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 high school athletes (male and female)

WHAT:

- 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*).

WHEN: January 5th – February 25th, 2026. (16 total sessions)
Monday and Wednesday 7:00-8:00pm
Sessions are held at the Sanford Fieldhouse and hosted by [Sanford Sports Performance](https://sanfordsports.com)

FEE: Fee of \$299/athlete (price includes tax).
No make-up sessions or pro-rated amounts
**Minimum group size of 5
**Must register by Monday, December 29th

Register & complete paperwork at: [SanfordSports.com](https://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