SANFORD SPORTS PERFORMANCE & DAKOTA ALLIANCE SOCCER

ATHLETIC DEVELOPMENT PROGRAM – U11/U12 TEAMS

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 U11 and U12 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: January 4th – March 1st. 9 total sessions.
U11 girls & U12 boys; 7:45pm – 8:30pm (max group size of 12)

Tuesday: January 5th – March 2nd. 9 total sessions.
U11 boys; 5:30pm – 6:15pm (max group size of 12)
U12 girls; 6:45pm – 7:30pm (max group size of 12)

FEE: $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

SANFORD SPORTS PERFORMANCE | sanfordsports.com