

SANFORD SPORTS TRACK & FIELD PERFORMANCE

Fall - 2026

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 athlete preparing for an upcoming season.

WHAT: Performance Programming at the Sanford Fieldhouse

- Customized Sports Performance Programming
- Primarily focus on running technique, speed endurance, explosiveness and strength
- Sanford Sports Performance Lab testing services available (*additional fee)
- Sports Nutrition Education available (additional fee)
- Optional Pre/post running force plate analysis (\$25, available for mid to distance runners)

WHEN: October 26th – December 17th, 2026 (no session on November 26th)
Monday/Tuesday/Thursday 4:30 PM – 5:30 PM

FEE: \$389.00 (plus tax) No make-up sessions or pro-rated amounts.

****Must register by October 21st**

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