

2026 – 14u Volleyball Team

Sanford Sports Performance:

Sanford Sports Performance is the regional leader in offering individualized programming for athlete development, sport performance training and injury prevention. 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 Sanford Sports 14u Volleyball Academy team members **NOT** involved in after school strength and conditioning at their school.

WHAT:

- Improve overall athleticism for volleyball 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 strength and power development. Agility, mobility and injury prevention.
- Includes Sports Nutrition education presentation (ie: healthy snacks, hydration, ect).
- Sanford Sports Performance Lab testing services available (*additional fee).

WHEN: January 13 – April 9, 2026.

Tuesday @ 6:00 – 7:00pm Jan 13th through Feb 24th; then 7:30 – 8:15pm to accommodate practice

Thursday @ 7:30 – 8:15 pm

Sessions are held at the Sanford Fieldhouse and hosted by [Sanford Sports Performance](https://sanfordsports.com)

FEE:

Fee of \$329/athlete (plus tax).

No make-up sessions or pro-rated amounts / If practice is canceled, Performance is also.

**Minimum group size of 8

**Must Register by December 31st

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