SANFORD SPORTS VOLLEYBALL PERFORMANCE

*14U 2027 Academy Teams

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 14U Sanford Sports Volleyball Academy team members.

WHAT: Performance Programming at the Sanford Fieldhouse

- 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 12 – April 29, 2027 (six additional sessions compared to last year)
Tuesday/Thursday nights – Post-practice - 7:30 PM – 8:15 PM (normal time)
Performance will be 6:00 PM – 6:45 PM on Thursday dates when practice time is adjusted
Those dates are 1/14, 1/21, 2/4, 2/11, 2/18 and 2/25

FEE: $399.00 (plus tax) No make-up sessions or pro-rated amounts.
If practice is canceled, Performance is also
**Must register by January 6th

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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