

WEST CENTRAL

Sanford *POWER* Summer 2022

Sanford *POWER* is the regional leader in designing individualized programs 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.

Details:

WHAT: Athletic performance training emphasizing strength, speed, power, agility, and injury reduction.

WHO: Current West Central High School and Middle School Athletes (entering grades 6-12)

WHEN: June 6 – July 29, 2022. (No sessions July 1-7)

TEST: Wednesday, June 1 – Location: Sanford Fieldhouse (High School athletes only)

Group Times: 8:30am-9:30am – Football
9:30am-10:30am – Volleyball, Soccer, HS Girls
10:30am-11:30am – Track & Field, Boys Basketball, MISC

TRAINING: June 6 – July 29 Monday / Tuesday / Thursday

Location: West Central High School

Group Times: 6:45am-7:30am – Middle School Wrestling
7:15am-8:45am – Football
8:30am-10:00am – Volleyball, Soccer, HS Girls
10:30am-11:15am – Girls Middle School
11:00am-11:45am – Boys Middle School
11:30am-1:00pm – Track & Field, Boys Basketball, MISC

***Year round training at WCHS potential dependent on number of athletes enrolled.**

***Minimum group size is 8 athletes. Small groups of athletes may be combined.**

***10% discount to all athletes of families with two or more athletes in the program.**

(Must call Sanford POWER when signing up to receive discount)

WHERE: Training sessions to take place at West Central High School

*Meet in Becker Center Gym

FEE: Fee of \$160/athlete (price includes tax) / No make-ups or pro-rated amounts

Register and pay at: www.sanfordpower.com

*go to yellow "REGISTER" tab and select "SIOUX FALLS"

*Enter your username and password / or create a new account

*Select "Program Registration" to choose "West Central" option

If you have any questions please contact POWER at (605) 312-7800