

Sioux Falls Flyers Hockey Varsity East

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 **Varsity East** Sioux Falls Flyers Hockey athletes

WHAT:

- Emphasis on increasing strength and mobility to improve performance and reduce injury.
- Strength, agility, speed and power that transfers to the ice.
- Customized Sports Performance Programming
- Sports Nutrition Education team presentations available (*additional fee*)
- Access to Sanford Sports Performance Lab Services: (*additional fee*)

WHEN: November 5 – February 25, 2025. 14 total sessions
Tuesday's 6:30-7:30pm @ the Sanford Fieldhouse
(No sessions Nov 26, Dec 24 or Dec 31)

FEE: Fee of \$199/athlete (plus tax) / No make-ups or pro-rated amounts

Register & complete paperwork at: Sanfordsports.com

*Select "Program" and "Add to Cart"

*Become a "Guest" or Enter your username and password

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