

## BRANDON VALLEY HIGH SCHOOL

Sanford **POWER** / Summer 2018

### Sanford **POWER**:

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Sanford **POWER** is the regional leader in designing individualized programs for athlete development, sport performance training and injury prevention. For over 19 years we have provided the most comprehensive programming for athletes of all ages and skill levels. Our Certified Strength & Conditioning Specialists have over ninety (90) years of combined coaching experience. Along with our orthopedic physicians, PT's, ATC's, Sports Nutritionist and the Sanford Sports Science Institute (SSSI), we offer the most integrated and comprehensive sports performance programming available. This includes:

- Customized Sports Performance programming
- Emphasis on strength, speed, power, agility and injury reduction exercises
- Sports Nutrition Education team presentations
- Athlete biomechanical functional movement assessment (SCORE<sup>PRO</sup>) (*additional fee*)
- Access to Sanford Sports Science Institute (SSSI) Services: (*additional fee*)  
(Hydration/Sweat Loss Testing, Concussion Research, Body Composition Testing, Nutrition)

### Details:

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**WHO:** Provided to current Brandon Valley **High School** athletes (entering grades 9-12)

**WHEN:** June 4 - August 3, 2018. **\*(No sessions July 2-6)**  
Monday / Tuesday / Thursday **\*(see separate team/group time schedule attached)**  
Monday's @ Sanford Fieldhouse **\*(enter through the North doors)**  
**\*June 4<sup>th</sup> & July 30<sup>th</sup> SCORE Testing at the Sanford Fieldhouse** (pre/post)  
Tuesday and Thursday @ Brandon Valley High School **\*(meet in the wt room)**  
Minimum 20 / Maximum 45 athletes per session

**WHERE:** Training sessions to take place at Brandon Valley High School **OR** Sanford Fieldhouse

**FEE:** Fee of \$160/athlete (price includes tax) / 24 total sessions / No make-ups or pro-rated amounts  
\*Additional children in a family are discounted to \$120. Please call our front desk to register them.  
\*For scholarship information please contact Randy Marso @ [Randy.Marso@k12.sd.us](mailto:Randy.Marso@k12.sd.us)

Register and pay at: [www.sanfordpower.com](http://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 the desired option

For more information please call POWER at (605)-312-7800