

SUMMER 2025

PERFORMANCE PROGRAMMING BOOKLET

At Sanford Sports, we start you on the path to maximum performance. Our performance team uses proven practices to help athletes become stronger, faster, and more explosive – no matter the sport. You will finish strong and learn to perform at your max. From the fundamentals to advanced training methods, our program is designed to make you a better athlete.

Explore our programming options.

HIGH SCHOOL PERFORMANCE TRAINING CAMP

These camps cater to out-of-season high school athletes, aiming to enhance flexibility, mobility, acceleration, linear and peak speed, agility, and power. The program includes plyometrics, also known as jump training, medicine ball exercises, and strength and power training techniques to develop both vertical and horizontal force.

Session One

- Days: Monday, Tuesday, and Thursday
- Time: 8-9:30 a.m.
- Dates: June 2nd-July 29th
***No training the week of July 4th*
- Duration: 8 weeks; 23 training sessions
- Grades: 9-12 (grade going into)
- Cost: \$350
- Enrollment Deadline: Wed., May 28th

Session Two

- Days: Monday, Tuesday, and Thursday
- Time: 1-2:30 p.m.
- Dates: June 2nd-July 29th
***No training the week of July 4th*
- Duration: 8 weeks; 23 training sessions
- Grades: 9-12 (grade going into)
- Cost: \$350
- Enrollment Deadline: Wed., May 28th

MIDDLE SCHOOL PERFORMANCE TRAINING CAMPS

These camps are designed for all out-of-season middle school athletes, emphasizing foundational movement skills, body control, flexibility, mobility, acceleration, and speed development. They serve as an introduction to strength and power exercises in the weight room, laying the groundwork for more advanced training methods.

Session One

- Days: Monday, Tuesday, and Thursday
- Time: 9:30-11 a.m.
- Dates: June 2nd-July 29th
***No training the week of July 4th*
- Duration: 8 weeks; 23 training sessions
- Grades: 6-8 (grade going into)
- Cost: \$350
- Enrollment Deadline: Wed., May 28th

Session Two

- Days: Monday, Tuesday, and Thursday
- Time: 1-2:30 p.m.
- Dates: June 2nd-July 29th
***No training the week of July 4th*
- Duration: 8 weeks; 23 training sessions
- Grades: 6-8 (grade going into)
- Cost: \$350
- Enrollment Deadline: Wed., May 28th

Session Three

- Days: Monday, Tuesday, and Thursday
- Time: 5:30-7 p.m.
- Dates: June 2-July 29
***No training the week of July 4th*
- Duration: 8 weeks; 23 training sessions
- Grades: 6-8 (grade going into)
- Cost: \$350
- Enrollment Deadline: Wed., May 28th

Disclaimer: Please note that there will be no make-up sessions or refunds. Payment must be completed or arranged before participating in the camp.

Sanford Sports
6100 38th Street South, Suite B
Fargo, ND 58104

SANFORD
SPORTS
PERFORMANCE



sanfordsports.com

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PRE-PERFORMANCE TRAINING CAMPS

These camps are designed for athletes in grades 3-5. The Pre-Performance program aims to enhance children's athletic abilities through fundamental plyometric, speed, agility, and strength training exercises. At Sanford Sports, we provide the chance to participate in a structured program under the guidance of our experienced and certified staff.

Session One

- Days: Monday and Wednesday
- Time: 2-3 p.m.
- Dates: June 2nd-July 30th
- Duration: 8 weeks; 16 training sessions
- Grades: 3-5 (grade going into)
- Cost: \$240
- Enrollment Deadline: Wed., May 28th

Session Two

- Days: Tuesday and Thursday
- Time: 2-3 p.m.
- Dates: June 3rd-July 29th
- Duration: 8 weeks; 15 training sessions
- Grades: 3-5 (grade going into)
- Cost: \$225
- Enrollment Deadline: Wed., May 28th

SANFORD SPORTS PERFORMANCE TRAINING & BASKETBALL ACADEMY SKILLS CAMPS

These camps are for high school and middle school athletes looking to improve their basketball performance. The program will focus on nurturing your basketball skills and cultivating strength and power development. This is the perfect way to advance your basketball abilities.

High School Boys and Girls Session

- Days: Tuesday and Thursday
- Dates: June 10th-July 29th
***No training the week of July 4th*
- Duration: 7 weeks; 13-Performance training sessions and 13-Basketball Academy skills sessions
- Training Schedule: Performance from 1-2 p.m. and Basketball Academy from 2-3 p.m.
- Grades: 9-12 (grade going into)
- Cost: \$575
- Enrollment Deadline: Wed., June 4th

Middle School Boys and Girls Session

- Days: Tuesday and Thursday
- Dates: June 10th-July 29th
***No training the week of July 4th*
- Duration: 7 weeks; 13-Performance training sessions and 13-Basketball Academy skills sessions
- Training Schedule: Performance from 9-10 a.m. and Basketball Academy from 10-11 a.m.
- Grades: 6-8 (grade going into)
- Cost: \$575
- Enrollment Deadline: Wed., June 4th

SOCCER PERFORMANCE TRAINING CAMP

This camp is for all soccer athletes in grades 7-12. The camp will focus on agility and quickness, acceleration and maximum speed development, strength training, and injury prevention geared specifically towards soccer.

- Days: Monday, Tuesday, and Thursday
- Time: 11:30 a.m.-1 p.m.
- Dates: June 2nd-July 29th
***No training the week of July 4th*
- Duration: 8 weeks; 23 training sessions
- Grades: 7-12 (grade going into)
- Cost: \$350
- Enrollment Deadline: Wed., May 28th

Disclaimer: Please note that there will be no make-up sessions or refunds. Payment must be completed or arranged before participating in the camp.

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SPEED CAMP

At Sanford Sports Performance, we specialize in designing programs to enhance both acceleration and maximum speed by refining running techniques, incorporating acceleration and maximum speed drills, and building strength and power for optimal performance.

- Days: Monday and Wednesday
- Time: 11 a.m.-12 p.m.
- Dates: June 2nd-July 30th
***No training the week of July 4th*
- Duration: 8 weeks; 16 training sessions
- Grades: 7-12 (grade going into)
- Cost: \$240
- Enrollment Deadline: Wed., May 28th

SWIMMING DRY-LAND PERFORMANCE TRAINING CAMP

This dry-land training camp is designed to enhance swimming-specific strength and power development while focusing on injury prevention, core-specific exercises, and improving shoulder and hip mobility and stability for optimal performance in the pool.

- Days: Monday, Wednesday, and Thursday
- Time: 12-1 p.m.
- Dates: June 2nd-July 30th
***No training the week of July 4th*
- Duration: 8 weeks; 23 training sessions
- Grades: 7-12 (grade going into)
- Cost: \$345
- Enrollment Deadline: Wed., May 28th

VOLLEYBALL PERFORMANCE TRAINING CAMPS

Tailored for volleyball athletes in grades 6-12, these age-appropriate camps focus on improving stability, flexibility, mobility, vertical jump, acceleration, power, strength, agility, and quickness. Injury prevention is also a key component of the training.

High School Session

- Days: Monday, Wednesday, and Thursday
- Time: 10:30-11:45 a.m.
- Dates: June 2nd-July 30th
***No training the week of July 4th*
- Duration: 8 weeks; 23 training sessions
- Grades: 9-12 (grade going into)
- Cost: \$295
- Enrollment Deadline: Wed., May 28th

Middle School Session

- Days: Monday, Wednesday, and Thursday
- Time: 11:45 a.m.-1 p.m.
- Dates: June 2nd-July 30th
***No training the week of July 4th*
- Duration: 8 weeks; 23 training sessions
- Grades: 6-8 (grade going into)
- Cost: \$295
- Enrollment Deadline: Wed., May 28th

Disclaimer: Please note that there will be no make-up sessions or refunds. Payment must be completed or arranged before participating in the camp.

To register, visit SanfordSports.com, or complete and mail the Registration and Permission forms to the address provided below.

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Sanford Sports Performance offers the following programming year-round. Please call us at 701-234-8999 to schedule or to obtain more information.

PERSONAL TRAINING/SMALL GROUP TRAINING-

Our Sanford Sports Performance Certified Strength and Conditioning Coaches will design a program around your goals, provide motivation, and challenge you each day. We train people of all levels and of all ages to help you reach your goals.

LARGE GROUP/TEAM TRAINING-

If you have a large group or team interested in setting up training, please contact us, and we would be happy to design a package to meet your specific needs.

SANFORD HEALTH ATHLETIC READINESS PROGRAM (SHARP)-

SHARP is an innovative and injury-specific program for athletes of all levels recovering from an injury or surgery. It is coordinated and collaborative care between Sanford Sports Performance staff and your physical therapist. This program transitions an athlete from the completion of physical therapy to fully returning to performance. SHARP integrates the philosophies of functional rehabilitation with those of sports training. The result is an individualized program, which develops dynamic stability and provides for a safe return to activities.

ADULT OPTIONS-

Sanford Sports Performance is not just for young athletes—adults (18+) are welcome! You can purchase a day pass, punch card, or monthly membership to work out in our fully equipped facility, featuring cardio and strength training areas, plus access to our hot and cold plunge pools. Adults may also schedule individual, partner, or group training sessions with one of our experienced strength coaches or, for an additional fee, join our Adult Performance Training Group.

Adult Performance Training Group - Looking to improve your fitness and quality of life? Whether you are new to training or seeking a fresh challenge, our Adult Performance Training Group can help you achieve your goals. This program is designed to enhance your overall gym experience by improving your movement, build strength, and boost endurance while staying healthy and having fun. Each group session is led by a certified coach who will guide you through a safe and effective workout. The program fee includes unlimited access to daily group training, with a monthly charge. You can sign up at our front desk.

- Days: Monday, Tuesday, Wednesday, Thursday, and Friday
- Times: 5:45-6:30 AM and 12-12:45 PM (unlimited group training)
- No start date, sessions are ongoing.

At Sanford Sports Performance, we offer training that incorporates the latest in mobility, strength, speed, agility, plyometrics, and explosive power development. We teach safe and proper training techniques based on scientific principles supported by the National Strength and Conditioning Association (NSCA), the American College of Sports Medicine (ACSM), and USA Weightlifting. We are available to athletes of all ages, goals, and abilities.

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REGISTRATION FORM

MAIL REGISTRATION TO:
Sanford Sports
6100 38th Street South, Suite B
Fargo, ND 58104

**Disclaimer: Please note that there will be no make-up sessions or refunds. Payment must be completed or arranged before participating in the camp.*

CAMP NAME _____ **SESSION OPTION(S)** _____

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

CELL PHONE # _____ PARENT CELL PHONE # _____

EMAIL/PARENTAL EMAIL ADDRESS _____

AGE _____ DOB _____ GRADE (entering in school) _____ M / F

EMERGENCY CONTACT'S NAME _____

EMERGENCY CONTACT'S PHONE # _____ CELL PHONE # _____

SPORT(S) YOU PARTICIPATE IN _____

TRAINING EXPERIENCE _____

GOALS _____

DO YOU HAVE ANY MEDICAL CONDITIONS SUCH AS ASTHMA, DIABETES, EPILEPSY, ETC.? _____

PREVIOUS/CURRENT INJURIES _____

LIMITATIONS FROM PREVIOUS/CURRENT INJURIES _____

PAYMENT METHOD:

CREDIT CARD TYPE _____ CREDIT CARD NUMBER _____

EXP DATE _____ NAME PRINTED ON THE CARD _____

CASH/CHECK CHECK NUMBER _____ CASH/CHECK AMOUNT _____

CONSENT FORM: I HEREBY CONSENT TO HAVING (NAME) _____
PARTICIPATE IN THE SANFORD SPORTS PERFORMANCE PROGRAM. I UNDERSTAND THAT THERE ARE RISKS
INVOLVED IN PARTICIPATION. I CERTIFY THAT HE/SHE IS MEDICALLY FIT TO PARTICIPATE IN THE TRAINING AND
ACTIVITIES. I AGREE TO RELEASE AND HOLD FREE FROM LIABILITY ALL SANFORD EMPLOYEES AND SANFORD
FOR INJURIES/ILLNESS THAT MAY OCCUR DURING OR AS A RESULT OF PARTICIPATION.

(ATHLETE'S SIGNATURE)

(DATE)

(PARENT/GUARDIAN'S SIGNATURE)

(DATE)

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Permission to Use Your Information or Image for Promotional Purposes

The information about you and your health is personal. Sanford is committed to protecting the privacy of your information. When Sanford wants to share your information for the public to see or hear, we must ask for your written permission (authorization). If you let us share your private information, you can ask how it will be used. You can also ask to stop an interview, recording, film, or photo session at any time. People will likely recognize you in a promotion or interview, so please read this form carefully and ask any questions you have before signing.

I give permission for Sanford Health, Sanford Marketing and Media Relations, and the Sanford Health Foundation or their representatives to use and share my health information for:

- Sanford promotional purposes through written, video, internet, or any other means of publication (*not applicable to Sanford Sports*)
- Local and national media interviews or stories (*not applicable to Sanford Sports*)
- Learning/Educational purposes

Information about me to be used or shared includes:

- My appearance in photographs, videos, audios, or any other image
- Information about me gathered by Sanford staff or news reporters through interviews with me, my physicians or any others involved in my care. This information may include my name and my health condition(s) related to the Sanford promotion or media interview. (*not applicable to Sanford Sports*)

The information described above becomes Sanford's property or the property of the news media. Once your information is shared, it is no longer protected under federal and state privacy laws and may be re-disclosed or re-published by others in the future. Information published on the internet is available to anyone in the world and may be accessed, reproduced, or downloaded at any time. Sanford will not receive payment of any kind for the use of your information. This permission does not include any promise to pay you.

Signing or refusing to sign this authorization will not affect your care at Sanford in any way. After you sign, you may change your mind at any time unless the information has already been used or shared. Please contact Sanford Marketing at 605-312-4300 if you change your mind and do not want your information to be used for new or future stories and promotions. This authorization will expire on _____, or five years from the date of signature if no date is entered.

Are you a current or former patient of Sanford Health? • Yes • No

Patient Name (Please Print)		Date of Birth
Signature of Patient or Personal Representative		Date Time
Name of Personal Representative (if applicable)		Relationship to Patient

Witness/Organization Representative