

2025 High School Football Speed/Strength Prep

Sanford Sports Performance:

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 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 Performance Lab, we offer the most integrated and comprehensive sports performance programming available.

Details:

WHO: Offered to 7th and 8th grade middle school football athletes looking to be better prepared for the high school football weight room setting.

WHAT:

- Emphasis on strength, speed, acceleration and agility.
- Preparing middle school athletes for the movement patterns and demand of high school football.
- Jump-start athletic development and knowledge of training before entering the high school weight room.
- Sanford Sports Performance Lab testing and Nutritional services available (**additional fee*).

WHEN: April 7th – May 21st, 2025. (14 total sessions)

Monday's and Wednesday's @ 4:30-5:30PM

Sessions are held at the Sanford Fieldhouse and hosted by [Sanford Sports Performance](#)

FEE:

Fee of \$224/athlete (plus tax).

No make-up sessions or pro-rated amounts

**Minimum group size of 8

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