

## **Sioux Falls Flyers Hockey**

### **Varsity West**

### **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 West** 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 6 – February 26, 2025. 14 total sessions  
Wednesday's 6:30-7:30pm @ the Sanford Fieldhouse  
**(No sessions** Nov 27, Dec 25 or Jan 1)

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

**Register** & complete paperwork at: [Sanfordsports.com](http://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**