

## HIGH SCHOOL POWER VOLLEYBALL – 2021

### Sanford **POWER**:

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Sanford **POWER** 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 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.

### Details:

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**WHO:** Offered to ALL Pentagon POWER Volleyball team members not involved in after school strength and conditioning at their high school.

**WHAT:**

- Improve overall athleticism for volleyball in a fun and supportive environment.
- All exercises are age/skill level appropriate.
- Sanford Knee Injury Prevention Program (SKIPP) exercises integrated into each session.
- Emphasis on strength and power development. Agility, mobility and injury prevention.
- Includes Sports Nutrition education presentation (ie: healthy snacks, hydration, ect).
- Sanford Sports Science Institute (SSSI) testing services available (*\*additional fee*).

**WHEN:** January 19 – April 15, 2021. (26 total sessions)  
Tuesday and Thursday @ the Sanford Fieldhouse  
6:30-7:20pm

**FEE:** Fee of \$289/athlete (price includes tax).  
No make-up sessions or pro-rated amounts / If practiced is canceled, POWER is also.  
\*\*Minimum group size of 8

**Register, pay & complete** paperwork at: [sanfordpower.com](http://sanfordpower.com)

- \*go to yellow "REGISTER" tab and select "SIOUX FALLS"
- \*For existing members enter your username and password
  - \*For new members select "become a guest"
- \*Select "Program Registration" to choose the desired option
  - \*Must Register by November 20<sup>th</sup>

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