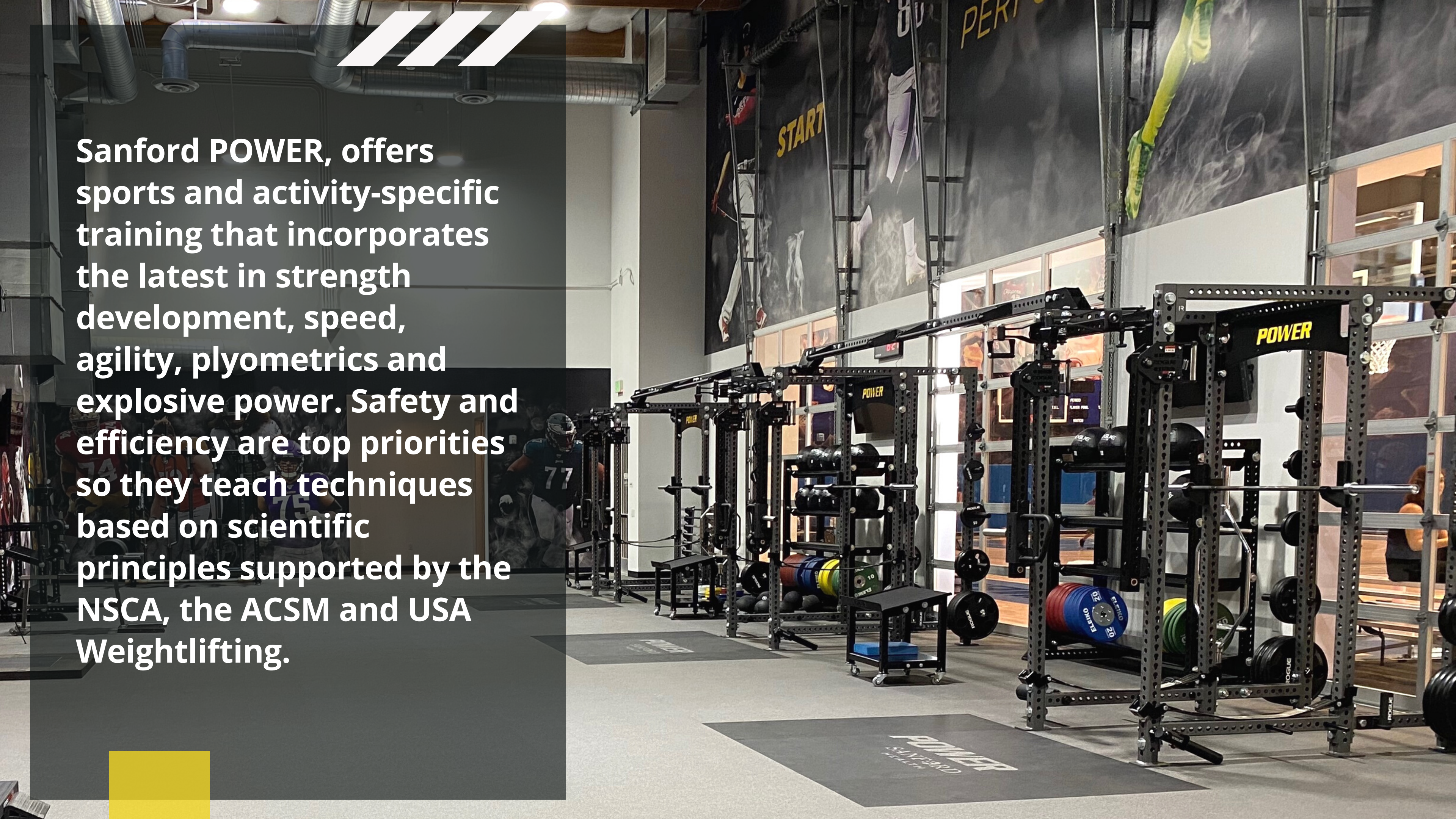


The background is a dark, grayscale photograph of a gym. It features a power rack with various weights hanging from it, including a large 45lb plate and several smaller colored plates (blue, red, yellow, green). On the left side, there is a height chart with a football player's head at the top and measurements for 3", 6", 12", 18", and 24".

POWER

SANFORD
HEALTH

The background image shows a well-lit gym interior. In the foreground and middle ground, there are several black metal weightlifting racks with the word "POWER" in yellow on them. These racks are loaded with various colored weight plates (blue, red, yellow, green, black). A black bench is positioned in front of one of the racks. The floor is covered with grey mats, some of which have the "POWER" logo. In the background, there are large wall graphics, including one that says "START" and another that shows a person in a white shirt. The ceiling has exposed pipes and lights. The overall atmosphere is professional and focused on strength training.

Sanford POWER, offers sports and activity-specific training that incorporates the latest in strength development, speed, agility, plyometrics and explosive power. Safety and efficiency are top priorities so they teach techniques based on scientific principles supported by the NSCA, the ACSM and USA Weightlifting.



POWER

SANFORD
HEALTH

Goldrush Hockey Pricing

10 Session Pack \$450

Full Off-Season \$800

3x a Week





Curt Truhe Serves As The Performance Director and GM At Irvine Power.

Curt Truhe, CSCS, RSCC (NSCA) Comes To Power After Spending The Last Five Years Working In The NHL With The Arizona Coyotes. Prior to his time in the NHL, Curt was a Performance Director at Bon Secours Sports Performance, and an Assistant Performance Specialist at EXOS. There, he worked with MLB and NFL combine groups. Curt has 10 years of experience training collegiate, professional, Olympic, and Military Special Force athletes. He graduated from Augustan College (S.D.) with a double bachelor in Exercise Science and Fitness Management,. Curt completed both degrees while competing for the Vikings in football and baseball.



Chris Martin Serves As A Senior Performance Coach At Irvine Power.

Prior to joining, he was a Strength and Conditioning Coach in the Anaheim Ducks organization (NHL & AHL) for five years. Chris has also owned and operated a private S&C business with two locations. Here, he and his staff worked with youth, professional and Olympic athletes, as well as offering a general fitness program. Over its 12 years of operation, the company's main focus was to create a physical culture that developed and improved athletic performance. Chris graduated with his BS degree in Kinesiology from Arizona State in 2005, and is a Certified Strength and Conditioning Specialist (CCS) through the National Strength and Conditioning Association (NSCA).



Sazi Guthrie Serves As A Senior Performance Coach At Irvine Power.

Before joining Sanford POWER Sazi spent 8 years as Performance Director at Sport Science Lab. There he worked with REP1 athletes, as well as helped numerous college and professional athletes with rehab and performance training at the REP1 facility. Moving on to his new role with Irvine Power, Sazi is looking to develop training protocols and is committed to finding and applying the best training principles to help athletes excel in their chosen sport. In 2002 he graduated from Ithaca College with a BA degree in Sport Studies. He was a four-year starter on the college baseball team and continued to play four years of minor league baseball.



Brock Crews Serves As A Senior Performance Coach At Irvine Power.

Prior to joining the Sanford POWER team Brock completed an internship at Yale University and was an Assistant Coach at Bracey Performance in Chicago, IL.

Brock has 3 years of experience training high school, collegiate, professional, and tactical athletes. He graduated with his bachelor's degree in Exercise Science from Pittsburg State University (KS) while also competing for the baseball team and his Master's degree in Kinesiology from California State University – Fullerton



Athlete Centered

Performance Driven

Data Supported



POWER
SANFORD
HEALTH

POWER
SANFORD
HEALTH