

## Healthy partnership



The Southern Maine Health Care Athletic Wing at Sanford High School includes the competition gym, practice gym, wrestling room, a free-weights room, a fitness room, a health classroom the locker rooms as well as offices for the Athletic Trainer and the Athletic Administrator.

### Southern Maine Health Care Athletic Wing sets students up for success

Give athletes the tools they need to succeed, then watch them soar. That's the basic set-up behind the Southern Maine Health Care Athletic Wing at Sanford High School, and two years later, they're doing just that.



SMHC's vision is "Working together to make our communities the healthiest in America."

"The opportunity to sponsor the Athletic Wing through our partnership with Sanford High School and the Legacy Foundation is truly our vision in action," said Patsy Aprile, Chief Operating Officer of Southern Maine Health Care, who served on the Legacy board from 2018-2022, two of those years as president. "It makes it possible to provide our services directly to the students and families of Sanford, allowing us to promote and support health and wellness from an early age."

The Athletic Wing and SMHC'S support of it is extremely important to the student-athletes of Sanford," said Gordie Salls, Sanford High School's Athletic Administrator.

"Having two gyms and the wrestling room allows for us to manage practice and games schedules effectively so kids can have the time they need to manage everything they have to do outside of the sports they are playing at that time," said Salls.

"The cardio and weight rooms are critical for strength and conditioning training to keep us competitive with the other schools we compete against," said Salls. "We are fortunate to have excellent trainers who we contract through SMHC, and have an athletic training facility that allows our kids to get treatment to get back to their teams and compete as soon as they can after their injuries."

