

## **Brandon Valley Middle School**

### **Sanford Sports Performance – Summer 2024**

#### **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 and the Sanford Sports Performance Lab, we offer the most integrated and comprehensive sports performance programming available.

#### **Details:**

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**WHO:** Current Brandon Valley Middle School  
(Entering grades 7-8)

**WHAT:** Comprehensive sports performance package that includes programming designed for each athletes' specific sport demands (movement patterns on field/court and in the weight room, speed, agility and conditioning)

**WHEN:** **\*Middle School Athletes Only: Sign-Up on SSP website**  
**General Programming:** June 3 – July 24, 2024. (No sessions July 1-5)  
Monday, Wednesday, Friday: Summer Calendar on Second Page  
**\*If no time works, please contact the Fieldhouse to discuss other options**  
**\*Schedule is Subject to Change depending on group size**

**WHERE:** Training sessions to take place at Brandon Valley High School Monday and Friday at McHardy Park Hill Wednesdays (bad weather at high school)

**FEE:** Fee of \$160/athlete (price includes tax) / No make-ups or pro-rated amounts  
\*10% discount for families with 2+ registered participants  
**\*\*Maximum group size 30**  
**\*\*Minimum group size of 8**

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

# Brandon Valley Middle School School Summer Schedule 2024

**JUNE**

S	M	T	W	Th	F	S
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6
<b>First Day Middle</b>						

**WEEKLY SCHEDULE**

BVHS Track	McHardy Park Hill	BVHS Track and Weight Room
Mon	Wed	FRI
8:00 - 9:00	8:00 - 9:00	8:00 - 9:00
Middle School 1	Middle School 1	Middle School 1
9:00-10:00	9:00-10:00	9:00-10:00
Middle School 2	Middle School 2	Middle School 2
10:00-11:00	10:00-11:00	10:00-11:00
Middle School 3	Middle School 3	Middle School 3
11:00-12:00	11:00-12:00	11:00-12:00
Middle School 4	Middle School 4	Middle School 4

**JULY**

S	M	T	W	T	F	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

**NO SSP    Last Lift Day**

**WEEKLY SCHEDULE**

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Middle School 1	Middle School 1	Middle School 1
9:00-10:00	9:00-10:00	9:00-10:00
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10:00-11:00	10:00-11:00	10:00-11:00
Middle School 3	Middle School 3	Middle School 3
11:00-12:00	11:00-12:00	11:00-12:00
Middle School 4	Middle School 4	Middle School 4

