

Sioux Falls Christian

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: *Middle School Information, Registration Steps, and Calendar Found Below

WHO: Current Sioux Falls Christian High School and Middle School Athletes
(entering grades 7-12)

WHAT: Comprehensive sports performance package that includes programming designed for each athletes' specific sport demands (strength, speed, and agility)

WHEN: **General Programming:** June 3 – July 26, 2023. (No sessions July 1 – 5)
Monday – Friday: Summer Calendar Below
*Schedule is Subject to Change

WHERE: Training sessions to take place at Sioux Falls Christian 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
*Must Call Fieldhouse – (605) 312-7800 – For Discount on Multiple Participants

CONTACT: Coach: **Paul Lundgren** –
paul.lundgren@sanfordhealth.org or plundgren@siouxfallschristian.org

Register & complete paperwork at: Sanfordsports.com

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



Sioux Falls Christian

Sanford Sports Performance – Summer 2024

Middle School Group Sign-Up

To create as many opportunities as I can for Middle School Athletes and students to take part in the Summer Sanford Sports Performance Program I am offering two different options at the same time during the week on different days.

Option 1: Offered to all 2024-2025 7th and 8th Graders

- MWF – 10:30-11:30 AM
- Monday and Wednesday – Weight Room
- Friday – **Joint Session** – High School Gym

Option 2: Offered to all 2024-2025 7th and 8th Graders

- TThF – 10:30-11:30 AM
- Tuesday and Thursday – Weight Room
- Friday – **Joint Session** – High School Gym

***Minimum Group size of 10**

***If Both Groups Completely Fill up, I will open another group to accommodate**

CONTACT: Coach Lundgren – paul.lundgren@sanfordhealth.org or plundgren@siouxfallschristian.org

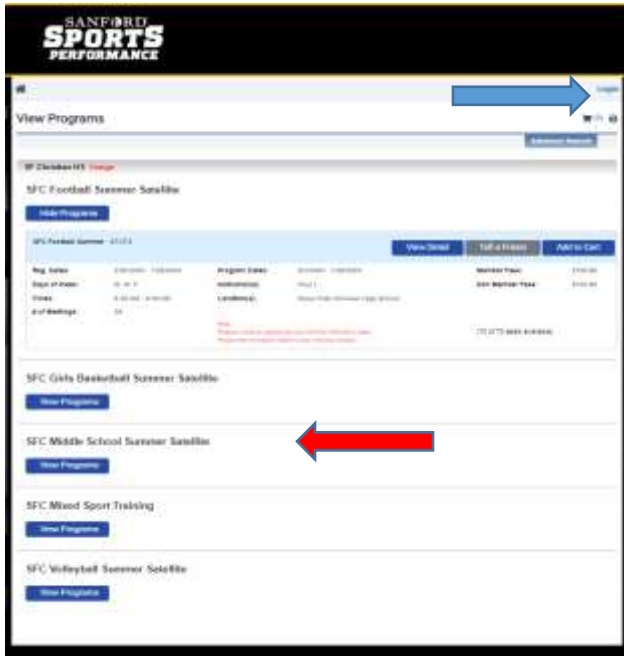
Register & complete paperwork at: Sanfordsports.com

*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

Steps for Registration – SFC Chargers Summer Performance Training 2024

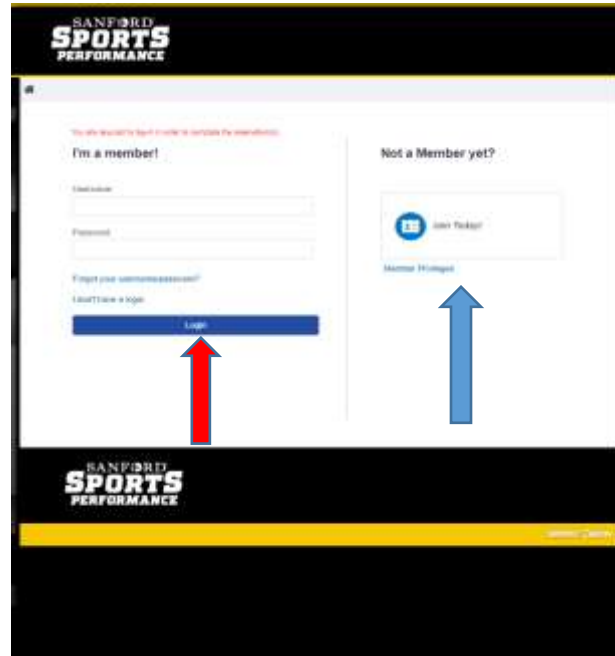


Step 1 – Existing Users

1. Select Desired Program
2. Click Add to Cart

Step 2 – Existing Users (Second Image)

1. Login with Username and Password
 - a. Reset Password if Needed
2. After Login Select Participant(s) for Registration
 - a. **If Multiple athletes please call Fieldhouse – (605) 312-7800 to register them**
3. Select Continue to cart
 - a. Fill out Billing if Necessary
 - b. Submit Payment
 - c. Confirmation will be in your email

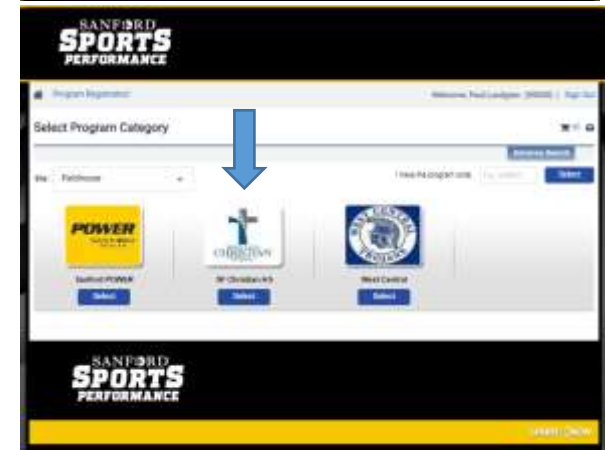


Step 1 – New Users

1. Select **Login** (First Image)

Step 2 – New Users

1. Select **Join Today** (Second Image)
2. Follow Instructions on Creating your Account
 - a. Head of Account Should be Main Athlete. If Parent is head of account, Athlete should be made a Sub-Account
3. Create Username, Password, and Accept Membership Agreements
4. Fill Out Billing Information
 - a. No Payment is required until program registration



Step 3 –

1. Select Program Registration (Top Image)
2. Select SF Christian HS (Bottom Image)
3. Select Desired Summer Training Program
 - a. Select Add to Cart
 - b. Select Participants
 - i. **If Multiple Participants Please Call Fieldhouse for Registration**
 - c. Continue to Cart
 - d. Fill out Billing Info if Necessary
 - e. Submit Payment
 - f. Confirmation will be in your email

SFC Chargers Summer Performance Program 2024 Calendar

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	Programming Start Date		No Session			

June Weekly Schedule					
Monday	Tuesday	Wednesday	Thursday	Friday	
6:30-9:30 AM Football (Freshman-Senior) Gym and Weight Room	OPEN	6:30-9:30 AM Football (Freshman-Senior) Gym and Weight Room	6:30-7:30 AM Football Conditioning	6:30-9:30 AM Football (Freshman-Senior) Weight Room Only	6:30-9:30 AM Football (Freshman-Senior) Weight Room Only
	7:30-8:30 AM Girls Basketball Weight Room		7:30-8:30 AM Girls Basketball Speed and Agility (Gym)	7:30-8:30 AM Girls Basketball Speed and Agility (Gym)	
	8:30-9:30 AM Volleyball Weight Room		8:30-9:30 AM Volleyball Weight Room	8:30-9:30 AM Volleyball Speed and Agility (Gym)	
9:30-10:30 AM Boys Mixed Sport Weight Room	9:30-10:30 AM Girls Mixed Sport Weight Room	9:30-10:30 AM Boys Mixed Sport Weight Room	9:30-10:30 AM Girls Mixed Sport Weight Room	9:30-10:30 AM Joint Mixed Sport Speed and Agility (Gym)	
10:30-11:30 AM Middle School Option 1	10:30-11:30 AM Middle School Option 2	10:30-11:30 AM Middle School Option 1	10:30-11:30 AM Middle School Option 2	10:30-11:30 AM Joint Middle School Option 1 and 2 Speed, Agility, Games (Gym)	
11:30-12:30 AM Expansion if Necessary	11:30-12:30 AM Expansion if Necessary	11:30-12:30 AM Expansion if Necessary	11:30-12:30 AM Expansion if Necessary	11:30-12:30 AM Expansion if Necessary	

July						
S	M	T	W	Th	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
		Programming End Date		No Session		

July Weekly Schedule					
Monday	Tuesday	Wednesday	Thursday	Friday	
6:30-9:30 AM Football (Freshman-Senior) Gym and Weight Room	OPEN	6:30-9:30 AM Football (Freshman-Senior) Gym and Weight Room	6:30-7:30 AM Football Conditioning	6:30-9:30 AM Football (Freshman-Senior) Weight Room Only	6:30-9:30 AM Football (Freshman-Senior) Weight Room Only
	7:30-8:30 AM Girls Basketball Weight Room		7:30-8:30 AM Girls Basketball Speed and Agility (Gym)	7:30-8:30 AM Girls Basketball Speed and Agility (Gym)	
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Boys Mixed Sport Teams	
Boys Basketball	Soccer
Cross Country	Tennis
Track	Baseball
Golf	Bowling

Girls Mixed Sport Teams	
Softball	Soccer
Cross Country	Tennis
Track	Bowling
Golf	Cheerleading

Boys Mixed Sport Teams	
Boys Basketball	Soccer
Cross Country	Tennis
Track	Baseball
Golf	Bowling

Girls Mixed Sport Teams	
Softball	Soccer
Cross Country	Tennis
Track	Bowling
Golf	Cheerleading