

## **Brandon Valley High School**

## **Sanford Sports Performance – Summer 2025**

## 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:**

WHO: Current Brandon Valley High School

(Entering grades 9-12)

Comprehensive sports performance package that includes programming designed for WHAT:

each athletes' specific sport demands (strength, speed, agility and conditioning)

WHEN: Sanford Sports Performance Pre-Testing: May 23, 2025

\*High School Athletes Only: Sign-Up on SSP website

**General Programming:** June 2 – July 30, 2025. (No Training Summer Moratorium

July 1-7)

Monday – Thursday: 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

\*Testing will take place at Sanford Sports Performance Fieldhouse

FEE: Fee of \$200/athlete (price includes tax) / No make-ups or pro-rated amounts

\*Call (605) 312-7800 for 10% discount for families with 2+ registered participants

\*\*Maximum group size 50 Minimum group size of 8

**Register** & complete paperwork at: Sanfordsports.com

\*hover over events tab, select performance, filter locations to Sioux Falls, locate Brandon Valley HS/MS Program, select appropriate group

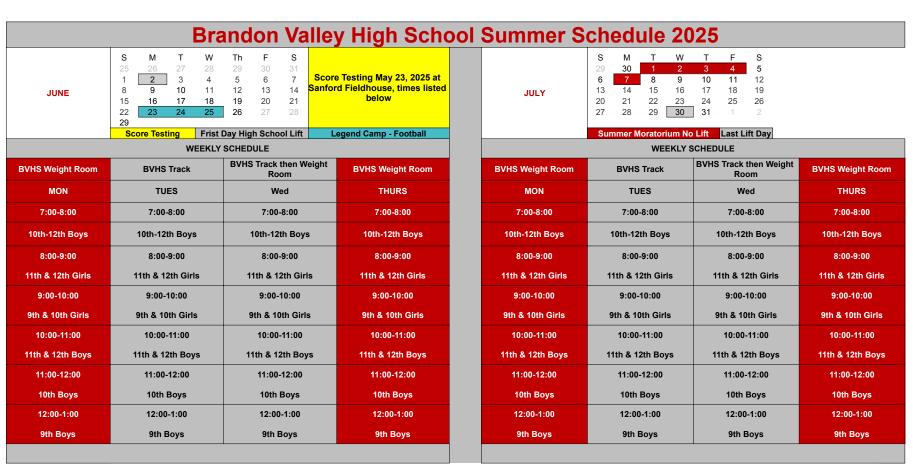
\*Become a "Guest" or Enter your username and password

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









Score Testing at Sanford Fieldhouse
Pre Test May 23, 2025
11th &12th Girls 8:00-9:00
9th & 10th Girls 9:00-10:00
11th & 12 Boys 10:00-11:00
9th & 10th Boys 11:00-12:30
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