

## **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:

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- WHO:** Current Brandon Valley High School  
(Entering grades 9-12)
- WHAT:** Comprehensive sports performance package that includes programming designed for 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](http://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**

# Brandon Valley High School Summer Schedule 2025

	S	M	T	W	Th	F	S			S	M	T	W	T	F	S
<b>JUNE</b>	25	26	27	28	29	30	31	<b>Score Testing May 23, 2025 at Sanford Fieldhouse, times listed below</b>	<b>JULY</b>	29	30	1	2	3	4	5
	1	2	3	4	5	6	7			6	7	8	9	10	11	12
	8	9	10	11	12	13	14			13	14	15	16	17	18	19
	15	16	17	18	19	20	21			20	21	22	23	24	25	26
	22	23	24	25	26	27	28			27	28	29	30	31	1	2
	29	Score Testing		Frist Day High School Lift			Legend Camp - Football			Summer Moratorium No Lift			Last Lift Day			
	<b>WEEKLY SCHEDULE</b>									<b>WEEKLY SCHEDULE</b>						
<b>BVHS Weight Room</b>	BVHS Track		BVHS Track then Weight Room		<b>BVHS Weight Room</b>			<b>BVHS Weight Room</b>	BVHS Track		BVHS Track then Weight Room		<b>BVHS Weight Room</b>			
<b>MON</b>	<b>TUES</b>		<b>Wed</b>		<b>THURS</b>			<b>MON</b>	<b>TUES</b>		<b>Wed</b>		<b>THURS</b>			
7:00-8:00	7:00-8:00		7:00-8:00		7:00-8:00			7:00-8:00	7:00-8:00		7:00-8:00		7:00-8:00			
10th-12th Boys	10th-12th Boys		10th-12th Boys		10th-12th Boys			10th-12th Boys	10th-12th Boys		10th-12th Boys		10th-12th Boys			
8:00-9:00	8:00-9:00		8:00-9:00		8:00-9:00			8:00-9:00	8:00-9:00		8:00-9:00		8:00-9:00			
11th & 12th Girls	11th & 12th Girls		11th & 12th Girls		11th & 12th Girls			11th & 12th Girls	11th & 12th Girls		11th & 12th Girls		11th & 12th Girls			
9:00-10:00	9:00-10:00		9:00-10:00		9:00-10:00			9:00-10:00	9:00-10:00		9:00-10:00		9:00-10:00			
9th & 10th Girls	9th & 10th Girls		9th & 10th Girls		9th & 10th Girls			9th & 10th Girls	9th & 10th Girls		9th & 10th Girls		9th & 10th Girls			
10:00-11:00	10:00-11:00		10:00-11:00		10:00-11:00			10:00-11:00	10:00-11:00		10:00-11:00		10:00-11:00			
11th & 12th Boys	11th & 12th Boys		11th & 12th Boys		11th & 12th Boys			11th & 12th Boys	11th & 12th Boys		11th & 12th Boys		11th & 12th Boys			
11:00-12:00	11:00-12:00		11:00-12:00		11:00-12:00			11:00-12:00	11:00-12:00		11:00-12:00		11:00-12:00			
10th Boys	10th Boys		10th Boys		10th Boys			10th Boys	10th Boys		10th Boys		10th Boys			
12:00-1:00	12:00-1:00		12:00-1:00		12:00-1:00			12:00-1:00	12:00-1:00		12:00-1:00		12:00-1:00			
9th Boys	9th Boys		9th Boys		9th Boys			9th Boys	9th Boys		9th Boys		9th Boys			

<b>Score Testing at Sanford Fieldhouse</b>
<b>Pre Test May 23, 2025</b>
<b>11th &amp; 12th Girls 8:00-9:00</b>
<b>9th &amp; 10th Girls 9:00-10:00</b>
<b>11th &amp; 12 Boys 10:00-11:00</b>
<b>9th &amp; 10th Boys 11:00-12:30</b>
<b>Scheduels Subject to Change</b>