

Brandon Valley Middle 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 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 2 – July 30, 2025. (No Training Summer Moratorium July 1-7)
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. Sessions will take place at McHardy Park Hill Wednesdays
Make sure you are signed up for BV Middle School Sanford Sports Performance Band app notifications. Since we are outside this is how we will communicate if your session has been moved inside the high school, space dependent, or canceled for the day.
- 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 30
**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

Brandon Valley Middle School Summer Schedule 2025

JUNE								JULY							
S	M	T	W	Th	F	S		S	M	T	W	T	F	S	
25	26	27	28	29	30	31		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	30														
First Day								Summer Moratorium No Lift Last Lift Day							
WEEKLY SCHEDULE								WEEKLY SCHEDULE							
BVHS Track		McHardy Park Hill			BVHS Weight Room			BVHS Track		McHardy Park Hill			BVHS Weight Room		
Monday		Wednesday			Friday			Monday		Wednesday			Friday		
8:00-9:00		8:00-9:00			8:00-9:00			8:00-9:00		8:00-9:00			8:00-9:00		
Middle School Group 1		Middle School Group 1			Middle School Group 1			Middle School Group 1		Middle School Group 1			Middle School Group 1		
9:00-10:00		9:00-10:00			9:00-10:00			9:00-10:00		9:00-10:00			9:00-10:00		
Middle School Group 2		Middle School Group 2			Middle School Group 2			Middle School Group 2		Middle School Group 2			Middle School Group 2		
10:00-11:00		10:00-11:00			10:00-11:00			10:00-11:00		10:00-11:00			10:00-11:00		
Middle School Group 3		Middle School Group 3			Middle School Group 3			Middle School Group 3		Middle School Group 3			Middle School Group 3		
11:00-12:00		11:00-12:00			11:00-12:00			11:00-12:00		11:00-12:00			11:00-12:00		
Middle School Group 4		Middle School Group 4			Middle School Group 4			Middle School Group 4		Middle School Group 4			Middle School Group 4		

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Schedules Subject to Change