



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 reduction. 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:** Harrisburg High School Athletes
(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 22nd & 29th, 2025**
General Programming: June 2 – July 30, 2025. (No sessions July 1-7)
Monday – Thursday: Summer Calendar on Second Page
*Schedule is Subject to Change
- WHERE:** Training sessions to take place at Harrisburg High School
*Pre and Post Testing held at Sanford Sports Performance Fieldhouse
- FEE:** Fee of \$200/athlete (price includes tax) / No make-ups or pro-rated amounts
*10% discount for families with 2+ registered participants
*For scholarship information please contact Jim Altenburg @ Jim.Altenburg@k12.sd.us
**Minimum group size of 15

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

Harrisburg High School Summer 2025

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|------|-------|----------------------------------|----|----|--------------------------------|----|----|
| JUNE | S | M | T | W | T | F | S |
| | 25 | 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 |
| | Start | Pre-Testing @ Sanford Fieldhouse | | | HHS FH = Harrisburg Fieldhouse | | |

| | | | | | | | |
|------|------------------------|-----------------------------------|----|----|--------------------------------|----|----|
| JULY | S | M | T | W | T | F | S |
| | 29 | 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 |
| | No Sessions/Moratorium | Post-Testing @ Sanford Fieldhouse | | | HHS FH = Harrisburg Fieldhouse | | |

| WEEKLY SCHEDULE | | | | |
|--|---|--|---|-----|
| MON | TUES | WED | THURS | FRI |
| 6:30-7:45am (HHS FH) (Jr & Sr Football) (Wrestling) | 6:30-7:45am Jr & Sr Football/Wrestling | 6:30-7:45am (HHS FH) (Jr & Sr Football) (Wrestling) | 6:30-7:45am Jr & Sr Football/Wrestling | |
| 7:30-8:30am (HHS FH) (Sophomore Football) (Boys Soccer) | 7:30-8:45am (Sophomore Football) (Boys Soccer) | 7:30-8:30am (HHS FH) (Sophomore Football) (Boys Soccer) | 7:30-8:45am (Sophomore Football) (Boys Soccer) | |
| 8:30-9:30am (HHS FH) (10-12th Boys Bball) | 8:30-9:30am (10-12th Boys Bball) | 8:30-9:30am (HHS FH) (10-12th Boys Bball) | 8:30-9:30am (10-12th Boys Bball) | |
| 9:30-10:30am (HHS FH) (10-12th Girls Group) (HHS Cheer) | 9:30-10:30am (10-12th Girls Group) (HHS Cheer) | 9:30-10:30am (HHS FH) (10-12th Girls Group) (HHS Cheer) | 9:30-10:30am (10-12th Girls Group) (HHS Cheer) | |
| 10:30-11:30am (HHS FH) Freshmen Boys | 10:30-11:30am Freshmen Boys | 10:30-11:30am (HHS FH) Freshmen Boys | 10:30-11:30am Freshmen Boys | |
| 11:30-12:30pm (HHS FH) Freshmen Girls | 11:30-12:30pm Freshmen Girls | 11:30-12:30pm (HHS FH) Freshmen Girls | 11:30-12:30pm Freshmen Girls | |

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Pre-Test @ Sanford Fieldhouse - 5/22
9-11am (11-12th Football) (Boys Wrestling)

Post-Test @ Sanford Fieldhouse - 7/29
8:15am-9:30am (11-12th Football) (Boys Wrestling)
9:30-10:45am (Freshmen-Senior Girls) (HHS Cheer)

Pre-Test @ Sanford Fieldhouse - 5/29
8-9:30am (Freshmen-Senior Girls) (HHS Cheer)
9:30-11am (10-12th Boys Basketball) (10-12th Boys Soccer)
11-12:15pm (Freshmen Boys) (Sophomore Football)

Post-Test @ Sanford Fieldhouse - 7/30
8:15am-9:30am (10-12th Boys Basketball) (10-12th Boys Soccer)
9:30-10:45am (Freshmen Boys) (Sophomore Football)

NOTES

- *Schedule may be subject to change based on group sizes (Minimum group size required is 15 athletes).
- *On "Gold" days we will start in the fieldhouse and on "Maroon" days we will start in the weightroom
- *No sessions from 7/1/25 - 7/7/25 (Summer Moratorium)
- *If you are a 10-12th football player that also plays basketball you will lift with the "Jr & Sr Football" group
- *If your scheduled session does not work please reach out to Coach Jordan so he can determine your appropriate group
- *The "10-12th Girls Group" includes basketball, soccer, and volleyball. Girls in other sports that have interest are welcome to join this group as well.
- *On testing days there are no scheduled sessions at HHS
- *The summer program with scheduled training sessions at HHS starts on 6/2
- *Please note for pre testing that "11-12th Football" and "Boys Wrestling" will test on 5/22 while the other groups will pre test on 5/29
- *The "Freshmen Boys" and "Freshmen Girls" groups is for all incoming freshmen regardless of sport
- *There will be no training sessions on 6/24 & 6/25 for "11-12th Football/Boys Wrestling" and "Sophomore Football" (2025 Augie Legends Football Camp)
- *The summer program ends on the post testing days of 7/29 & 7/30 at the Sanford Fieldhouse