

Brandon Valley High School

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:

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 31, 2023**
***High School Athletes Only: Sign-Up on SSP website**
General Programming: June 3 – July 25, 2024. (No sessions July 1-5)
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 \$160/athlete (price includes tax) / No make-ups or pro-rated amounts
*10% discount for families with 2+ registered participants
****Maximum group size 50**
Minimum group size of 8

Register & complete paperwork at: [SanfordSports.com](https://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

Brandon Valley High School Summer Schedule 2024

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	1	2	3	4	5	6
Score Testing		Frist Day High School Lift			Legend Camp	

JULY

S	M	T	W	T	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
NO SSP		Last Lift Day				

WEEKLY SCHEDULE

WEEKLY SCHEDULE

BVHS Weight Room	BVHS Track	BVHS Track and Weight Room	BVHS Weight Room
MON	TUES	WED	THURS
8:00-9:00 11th & 12th Girls	8:00-9:00 11th & 12th Girls	8:00-9:00 11th & 12th Girls	8:00-9:00 11th & 12th Girls
9:00-10:00 9th & 10th Girls	9:00-10:00 9th & 10th Girls	9:00-10:00 9th & 10th Girls	9:00-10:00 9th & 10th Girls
10:00-11:00 11th & 12th Boys	10:00-11:00 11th & 12th Boys	10:00-11:00 11th & 12th Boys	10:00-11:00 11th & 12th Boys
11:00-12:00 10th Boys	11:00-12:00 10th Boys	11:00-12:00 10th Boys	11:00-12:00 10th Boys
12:00-1:00 9th Boys	12:00-1:00 9th Boys	12:00-1:00 9th Boys	12:00-1:00 9th Boys

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12:00-1:00 9th Boys	12:00-1:00 9th Boys	12:00-1:00 9th Boys	12:00-1:00 9th Boys

SCORE Testing at Sanford Fieldhouse
Pre Test May 31, 2024

- 11th & 12th Girls 8:00-9:00
- 9th & 10th Girls 9:00-10:00
- 11th & 12th Boys 10:00-11:00
- 9th & 10th Boys 11:00-12:00

Schedules Subject to Change