



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 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 29th & 30th, 2024**
General Programming: June 3 – Aug 2, 2024. (No sessions July 1-5)
Monday – Friday: 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 \$160/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](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

Harrisburg High School Summer 2024

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

| | | | | | | | | |
|------|------------------------|----|-----------------------------------|----|----|--------------------------------|----|--|
| 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 Sessions/Moratorium | | Post-Testing @ Sanford Fieldhouse | | | HHS FH = Harrisburg Fieldhouse | | |

| WEEKLY SCHEDULE | | | | |
|---|---|--|---|---|
| MON | TUES | WED | THURS | FRI |
| 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 | 6:30-7:45am (HHS FH) Jr & Sr Football/Wrestling | 8:30-9:30am Freshman Boys (Groups A & B) |
| 7:30-8:45am Sophomore Football/Wrestling/ Track | 7:30-8:45am (HHS FH) Sophomore Football/Wrestling/ Track | 7:30-8:45am Sophomore Football/Wrestling | 7:30-8:45am (HHS FH) Sophomore Football/Wrestling/ Track | 9:30-10:30am Freshman Girls |
| 8:30-9:30am Soph, Jr, Sr Boys Basketball/Soccer | 8:30-9:30am (HHS FH) Soph, Jr, Sr Boys Basketball/Soccer | 8:30-9:30am Soph, Jr, Sr Boys Basketball/Soccer | 8:30-9:30am (HHS FH) Soph, Jr, Sr Boys Basketball/Soccer | |
| 9:30-10:30am Soph, Jr, Sr Girls Volleyball/ Softball Girls/Basketball/Wrestling/ Soccer | 9:30-10:30am (HHS FH) Soph, Jr, Sr Girls Volleyball/Softball Basketball/Wrestling/ Soccer | 9:30-10:30am Soph, Jr, Sr Girls Volleyball/Softball Basketball/Wrestling/ Soccer | 9:30-10:30am - HHS FH Soph, Jr, Sr Girls Volleyball/Softball Basketball/Wrestling/ Soccer | |
| 9:30-10:30am (HHS FH) Soph, Jr, Sr Girls Cheer & Dance | 9:30-10:30am Soph, Jr, Sr Girls Cheer & Dance | 9:30-10:30am (HHS FH) Soph, Jr, Sr Girls Cheer & Dance | 9:30-10:30am Soph, Jr, Sr Girls Cheer & Dance | |
| 10:30-11:30am Freshmen Girls | 10:30-11:30am Cross Country | 10:30-11:30am (HHS FH) Freshmen Girls | 10:30-11:30am Cross Country | |
| 11:30-12:30pm Freshman Boys (Group A) | 11:30-12:30pm Freshman Boys (Group B) | 11:30-12:30pm (HHS FH) Freshman Boys (Group A) | 11:30-12:30pm (HHS FH) Freshman Boys (Group B) | |

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| 11:30-12:30pm Freshman Boys (Group A) | 11:30-12:30pm Freshman Boys (Group B) | 11:30-12:30pm (HHS FH) Freshman Boys (Group A) | 11:30-12:30pm (HHS FH) Freshman Boys (Group B) | |

Pre-Test @ Sanford Fieldhouse - 5/29
7-8:30am Soph, Jr, Sr Football/Wrestling (Boys)

Pre-Test @ Sanford Fieldhouse - 5/30
7-8:30am Girls Basketball, Girls Soccer, Cheer/Dance, Volleyball
8:30-10am Boys Basketball, Soccer, Track
10-11:30am Freshmen Boys
11:30-12:45pm Freshmen Girls

Post-Test @ Sanford Fieldhouse - 8/2
7-8:30am Soph, Jr, Sr Football/Wrestling (Boys)
8:30-10am Girls Basketball, Girls Soccer, Cheer/Dance, Volleyball
10-11:30am Boys Basketball, Soccer, Track
11:30-1pm Freshmen Boys
1pm-2:15pm Freshmen Girls

| NOTES |
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| *Schedule may be subject to change based on group sizes (Minimum group size required is 15 athletes). |
| *If your scheduled session does not work please reach out to Coach Jordan so he can determine your appropriate group |
| *On testing days there are no scheduled sessions at HHS |
| *The summer program with scheduled training sessions at HHS starts on 6/3 |
| *Please note for pre testing that "Soph, Jr, & Sr Football/Wrestling" will test on 5/29 while the other groups will pre test on 5/30 |
| *There will be no training sessions on 6/25, 6/26 & 6/27 for "Jr & Sr Football/Wrestling" and "Sophomore Football/Wrestling/Track" (2024 Augie Legends Football Camp) |
| *Last day of the summer program is post testing on 8/2 at the Sanford Fieldhouse |