

Aberdeen Central High School

2025 Sanford Sports Performance Summer Program

PROGRAM GOALS & OBJECTIVES:

We're thrilled to have you join us for an exciting summer of growth, hard work, and athletic development! This program is designed to challenge you, push your limits, and help you improve your skills, strength, and endurance. Throughout the summer, you'll have the opportunity to train with dedicated coaches, compete alongside fellow athletes, and track your progress to see how far you can go. Your commitment and effort will make all the difference, and we're here to support you every step of the way. Get ready to work hard, have fun, and take your game to the next level. Let's make this summer one to remember!

Register Here:



<https://sanfordsports.sportngin.com/register/form/978290948>

Start/End dates and times:

7th - 12 grade: June 2nd- July 31st

6th Grade: June 3rd - July 31st

No training: June 30th- July 4th

- **HS Boys 11th & 12th** -- 7:00-7:45 am M-Th
- **High School Girls 1** -- 8:30-9:15 am M-Th
 - Suggested for volleyball, basketball, wrestling
- **HS Boys 9th & 10th** -- 9:30-10:15 am M-Th
- **High School Girls 2 and B&G XC** -- 10:30 - 11:15 am M-Th
 - Suggested for soccer, tennis, gymnastics, softball, boys/girls XC
- **Middle School 7th -8th grade** -- 9:30-10:15 am M-Th
 - 7th and 8th: 4 days/week- two in the weight room and two on the track/aux
- **Middle School 6th Grade** --8:30-9:15 am Tues & Th
 - 6th grade: 2 days/week - one in the weight room and one on the track/aux

Weekly Schedule								Questions: Contact Coach Arechigo 605-413-5938 or Jacob.Arechigo@k12.sd.us	
	WT ROOM		TRACK/AUX		WT ROOM		WT ROOM		
TIMES	Monday		Tuesday		Wednesday		Thursday		
6:00-6:45	Open Lift		Open Lift		Open Lift		Open Lift		
7:00-7:45	HS Boys 11 th & 12 th		HS Boys 11 th & 12 th		HS Boys 11 th & 12 th		HS Boys 11 th & 12 th		
8:30-9:15	HS Girls 1		HS Girls 1	MS 6 th (WT Room)	HS Girls 1		HS Girls 1	MS 6th TRACK/AUX	
9:30-10:15	HS Boys 9 th & 10 th	MS 7th & 8th (WT Room)	HS Boys 9 th & 10 th	MS 7th & 8th TRACK/AUX	HS Boys 9 th & 10 th	MS 7th & 8th (WT Room)	HS Boys 9 th & 10 th	MS 7th & 8th TRACK/AUX	
10:30-11:15	HS Girls 2 B&G XC		HS Girls 2 B&G XC		HS Girls 2 B&G XC		HS Girls 2 B&G XC		