

Brandon Valley High School **Sanford Sports Performance – Summer 2026**

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:

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- 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 29, 2026**
***High School Athletes Only: Sign-Up on SSP website**
General Programming: June 1 – July 29, 2026. (No Training Summer Moratorium July 1-7)
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 \$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 50**
****Minimum group size of 8**

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

BVHS Summer Sports Performance 2026

June	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		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
	Score Testing May 29		First Lift June 1			Moratorium	
Weekly Schedule							
Monday	Tuesday	Wednesday	Thursday				
Weight Room	Track/Turf	Weight Room	Track then Weight Room				
7:00-8:00 10th - 12th Boys							
8:00-9:00 11th & 12th Grade Girls							
9:00-10:00 9th & 10th Grade Girls							
10:00-11:00 11th & 12 Grade 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				

July	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	28	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
	Moratorium			Last Lift July 29th			
Weekly Schedule							
Monday	Tuesday	Wednesday	Thursday				
Weight Room	Track/Turf	Weight Room	Track then Weight Room				
7:00-8:00 10th - 12th Boys							
8:00-9:00 11th & 12th Grade Girls							
9:00-10:00 9th & 10th Grade Girls							
10:00-11:00 11th & 12 Grade 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				

Score Testing at SANFORD FIELDHOUSE May 29, 2026 at Following Times

8:00-9:30 All Girls
9:30-11:00 10th, 11th and 12th Grade Boys
11:00-12:00 9th Grade Boys