

Brandon Valley Middle 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:

- WHO:** Current Brandon Valley Middle School
(Entering grades 7-8)
- WHAT:** Comprehensive sports performance package that includes programming designed for each athletes' specific sport demands (movement patterns on field/court and in the weight room, speed, agility and conditioning)
- WHEN:** ***Middle School Athletes Only: Sign-Up on SSP website**
General Programming: June 1 – July 29, 2026. (No Training Summer Moratorium July 1-7)
Monday, Wednesday, Friday: 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 Monday, Wednesday, and Friday.
Make sure you are signed up for BV Middle School Sanford Sports Performance Band app notifications. Since we are outside this is how we will communicate if your session has been moved inside the high school, space dependent, or canceled for the day.
- 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 30**
****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

BVMS Summer Sports Performance 2026

June		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	8	9	10	11	12	13	
7	15	16	17	18	19	20	21	
14	22	23	24	25	26	27	28	
21	29	30	1	2	3	4		
28	First Lift/June 1		Moratorium					
Weekly Schedule								
Monday			Wednesday			Friday		
Track/Football Field			Track/Football Field			Track then Weight Room		
8:00-9:00 Group 1			8:00-9:00 Group 1			8:00-9:00 Group 1		
9:00-10:00 Group 2			9:00-10:00 Group 2			9:00-10:00 Group 2		
10:00-11:00 Group 3			10:00-11:00 Group 3			10:00-11:00 Group 3		
11:00-12:00 Group 4			11:00-12:00 Group 4			11:00-12:00 Group 4		

July		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	5	6	7	8	9	10	11
5	12	13	14	15	16	17	18	
19	20	21	22	23	24	25	26	
26	27	28	29	30	31	1	2	
Moratorium		Moratorium		Last Lift				
Weekly Schedule								
Monday			Wednesday			Friday		
Track/Football Field			Track/Football Field			Track then Weight Room		
8:00-9:00 Group 1			8:00-9:00 Group 1			8:00-9:00 Group 1		
9:00-10:00 Group 2			9:00-10:00 Group 2			9:00-10:00 Group 2		
10:00-11:00 Group 3			10:00-11:00 Group 3			10:00-11:00 Group 3		
11:00-12:00 Group 4			11:00-12:00 Group 4			11:00-12:00 Group 4		

If there is weather please check Band app as we will either be moved inside to the high school or canceled depending on facility availability.

Band App: [BVHS Middle School Sanford Sports Performance](#)