



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: Harrisburg High School Athletes
(Entering grades 9-12)

WHAT: 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 22nd & 28th, 2026**
General Programming: June 1 – July 28, 2026. (No sessions July 1-7)
Monday – Thursday: Summer Calendar on Second Page
*Schedule is Subject to Change

WHERE: Training sessions to take place at Harrisburg High School
*Testing held at Sanford Sports Performance Fieldhouse

FEE: Fee of \$200/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.Aaltenburg@k12.sd.us
**Minimum group size of 20

Register & complete paperwork at: 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 2026

JUNE	S	M	T	W	T	F	S
	24	25	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
	Start	Testing @ Sanford Fieldhouse					

JULY	S	M	T	W	T	F	S
	29	30	31	1	2	3	4
	5	6	7	8	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31	1	2
	No Sessions/Moratorium	7/29: Last Session					

WEEKLY SCHEDULE				
MON	TUES	WED	THURS	FRI
6:30-8:00am (10th-12th Football) (Wrestling)	6:30-8:00am (10th-12th Football) (Wrestling)	6:30-8:00am (10th-12th Football) (Wrestling)	6:30-8:00am (10th-12th Football) (Wrestling)	
8:00-9:00am Freshmen Boys	8:00-9:00am Freshmen Boys	8:00-9:00am Freshmen Boys	8:00-9:00am Freshmen Boys	
9:00-10:00am (10-12th Boys Bball) (Boys Soccer)	9:00-10:00am (10-12th Boys Bball) (Boys Soccer)	9:00-10:00am (10-12th Boys Bball) (Boys Soccer)	9:00-10:00am (10-12th Boys Bball) (Boys Soccer)	
9:45-10:45am (Cheer/Dance/Gymnastics)	9:45-10:45am (Cheer/Dance/Gymnastics)	9:45-10:45am (Cheer/Dance/Gymnastics)	9:45-10:45am (Cheer/Dance/Gymnastics)	
10:45-11:45am 9th-12th HHS Girls (Basketball, Girls Soccer, Softball, Volleyball, Girls Wrestling)	10:45-11:45am 9th-12th HHS Girls (Basketball, Girls Soccer, Softball, Volleyball, Girls Wrestling)	10:45-11:45am 9th-12th HHS Girls (Basketball, Girls Soccer, Softball, Volleyball, Girls Wrestling)	10:45-11:45am 9th-12th HHS Girls (Basketball, Girls Soccer, Softball, Volleyball, Girls Wrestling)	

WEEKLY SCHEDULE				
MON	TUES	WED	THURS	FRI
6:30-8:00am (10th-12th Football) (Wrestling)	6:30-8:00am (Jr & Sr Football) (Wrestling)	6:30-8:00am (Jr & Sr Football) (Wrestling)	6:30-8:00am (Jr & Sr Football) (Wrestling)	
8:00-9:00am Freshmen Boys	8:00-9:00am Freshmen Boys	8:00-9:00am Freshmen Boys	8:00-9:00am Freshmen Boys	
9:00-10:00am (10-12th Boys Bball) (Boys Soccer)	9:00-10:00am (10-12th Boys Bball) (Boys Soccer)	9:00-10:00am (10-12th Boys Bball) (Boys Soccer)	9:00-10:00am (10-12th Boys Bball) (Boys Soccer)	
9:45-10:45am (Cheer/Dance/Gymnastics)	9:45-10:45am (Cheer/Dance/Gymnastics)	9:45-10:45am (Cheer/Dance/Gymnastics)	9:45-10:45am (Cheer/Dance/Gymnastics)	
10:45-11:45am 9th-12th HHS Girls (Basketball, Girls Soccer, Softball, Volleyball, Girls Wrestling)	10:45-11:45am 9th-12th HHS Girls (Basketball, Girls Soccer, Softball, Volleyball, Girls Wrestling)	10:45-11:45am 9th-12th HHS Girls (Basketball, Girls Soccer, Softball, Volleyball, Girls Wrestling)	10:45-11:45am 9th-12th HHS Girls (Basketball, Girls Soccer, Softball, Volleyball, Girls Wrestling)	

Testing Session #1 @ Sanford Fieldhouse - 5/22
9:30-11am (11-12th Football) (Boys Wrestling)

Testing Session #2 @ Sanford Fieldhouse - 5/28
8:15-9:30am (Freshmen-Senior Girls) (HHS Cheer)
9:45-11am (10-12th Boys Basketball) (10-12th Boys Soccer) (Freshmen Boys) (Sophomore Football)

NOTES
*No sessions from 7/1/26 - 7/7/26 (Summer Moratorium)
*If you are a 10-12th football player that also plays basketball you will lift with the "Jr & Sr Football" group
*If your scheduled session does not work please reach out to Coach Jordan so he can determine your appropriate group
*Training sessions at HHS start on 6/1/26 with each group beginning in the "HHS Weight Room" that day
*Please note for pre testing that "11-12th Football" and "Boys Wrestling" will test on 5/22 while the other groups will test on 5/28
*There will be no training sessions on 6/23 & 6/24 for "10th-12th Football/Boys Wrestling" and "Freshmen Football Boys" (2026 Augie Legends Football Camp)