

Sioux Falls Christian 2026 Summer Performance Training Program Schedule and Calendar

June						
S	M	T	W	Th	F	S
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	30	1	2	3	4
Summer Program Start			Summer Moratorium (No Workouts)			

July						
S	M	T	W	Th	F	S
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
Last Day			Summer Moratorium (No Workouts)			

Summer Weekly Schedule						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time
6:00-7:00 AM	Prep	Prep	Prep	Prep	Prep	6:00-7:00 AM
	Football Speed and Agility Grades 10-12		Football Speed and Agility Grades 10-12			
7:00-8:00 AM	Football Lifting Group 1 - Weight Room	Mixed Sport Boys Lifting Grades 9-12 Weight Room	Football Lifting Group 1 - Weight Room	Mixed Sport Boys Lifting Grades 9-12 Weight Room	Mixed Sport Boys SPAQ & Lift	Football Lifting Group 1 - Weight Room
8:00-9:00 AM	Football Lifting Group 2 - Weight Room	Volleyball and Mixed Sport Girls Lifting - Grades 9-12 Weight Room	Football Lifting Group 2 - Weight Room	Volleyball and Mixed Sport Girls Lifting - Grades 9-12 Weight Room	VB Mixed Sport Girls SPAQ	Football Lifting Group 2 - Weight Room
9:00-10:00 AM		Girls Basketball and Mixed Sport Girls Lifting - Grades 9-12 Weight Room		Girls Basketball and Mixed Sport Girls Lifting - Grades 9-12 Weight Room	Girls Basketball and Mixed Sport Girls Lifting - Grades 9-12 Weight Room	9:00-10:00 AM
	Football Speed and Agility Freshmen		Football Speed and Agility Freshmen			
10:00-11:00 AM	Football Lifting Freshmen Weight Room	Prep	Football Lifting Freshmen Weight Room	Prep	Football Lifting Freshmen Weight Room	10:00-11:00 AM
11:00-12:00 PM	Middle School Football Lifting 8th Grade Weight Room	Middle School Football Lifting 7th Grade Weight Room	Middle School Football Lifting 8th Grade Weight Room	Middle School Football Lifting 7th Grade Weight Room	Middle School Football SPAQ 7th and 8th Grade Gym	11:00-12:00 PM
12:00-1:00 PM	Middle School Boys Lifting 7th and 8th Grade (Non-FB) Weight Room	Middle School Boys Lifting 6th Grade Weight Room	Middle School Boys Lifting 7th and 8th Grade (Non-FB) Weight Room	Middle School Boys Lifting 6th Grade Weight Room	Middle School Boys SPAQ 6th-8th Grade (Non-FB 7th and 8th) Gym	12:00-1:00 PM
1:00-2:00 PM	Middle School Girls Lifting 7th and 8th Grade Weight Room	Middle School Girls Lifting 6th Grade Weight Room	Middle School Girls Lifting 7th and 8th Grade Weight Room	Middle School Girls Lifting 6th Grade Weight Room	Middle School Girls SPAQ 6th-8th Grade Gym	1:00-2:00 PM
2:00-3:00 PM						2:00-3:00 PM

Boys Mixed Sport Teams	
Boys Basketball	Soccer
Cross Country	Tennis
Track	Baseball
Golf	Bowling

Girls Mixed Sport Teams	
Softball	Soccer
Tennis	Cross Country
Track	Bowling
Golf	Cheerleading