

Sioux Falls Christian

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, Sports Dietician, and the Sanford Sports Performance Lab, we offer the most integrated and comprehensive sports performance programming available.

Details:

- WHO:** Sioux Falls Christian High School and Middle School Athletes and Students
(Entering grades 6-12)
- WHAT:** Comprehensive sports performance package that includes programming designed for each athletes' specific sport demands (strength, speed, and agility)
- WHEN:** **General Programming:** June 1st – July 30th, 2026. (No sessions July 1st – 7th)
Monday – Friday: Summer Calendar Below
*Schedule is Subject to Change
- WHERE:** Training sessions to take place at Sioux Falls Christian High School
- FEE:** Fee of \$175/athlete (price includes tax) / No make-ups or pro-rated amounts
*Registration will be completed using Google-Forms (link/QR below)
*Payment will be made to Sioux Falls Christian Schools

REGISTRATION INFO:

bit.ly/SFC2026Summer



CONTACT: Coach: **Paul Lundgren** – paul.lundgren@sanfordhealth.org

Sioux Falls Christian Schools – (605) – 334-1422

Sanford Sports Performance – (605) – 312-7800