

PRO

TRAINING CAMP



SANFORD
SPORTS COMPLEX



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HERITAGE COURT
SIOUX FALLS, SOUTH DAKOTA





POWER

SANFORD
HEALTH



Shane Hennen



Kurtiss Riggs



Steve Phillips



Todd Kolb

Who We Are

If you're ready to work hard and determined to reach the next level, then we're ready for you.

This is your chance to train with the right people and use the right programs - all in the right place.

Hone your skills at the Sanford Sports Complex, a destination venue.

Train with the Sanford staff, including coordinators Kurtiss Riggs (football), Steve Phillips (baseball), Todd Kolb (golf) and basketball coordinator Shane Hennen.

Get stronger with help from Sanford POWER's expert coaches at the Sanford Fieldhouse.

Optimize your performance with research-backed, state-of-the-art testing through the Sanford Sports Science Institute (SSSI), which boasts experts in biomechanics, exercise physiology, mental performance, nutrition and hydration.

Stay sharp with expert care from the physicians, athletic trainers and physical therapists at Sanford Orthopedics & Sports Medicine.

There are no distractions here. This is the place to prepare for your next season.

Sanford Pentagon

- Opened in 2013 and is the hub of the Sanford Sports Complex
- 5-sided, 160,000-square-foot facility
- 9 basketball courts
- Retro-styled Heritage Court Arena
- Home to Sioux Falls Skyforce, NBA G League affiliate of the Miami Heat
- Annually hosts NCAA Division I games
- Programs that have played here include Wisconsin, Wichita State, Memphis, UNLV, Iowa State, Colorado, Oklahoma State, St. John's, Minnesota, Iowa and Vanderbilt
- Theater-style film room
- SSSI Sports Science and Biomechanics Lab
- Has hosted multiple USA Basketball events

Sanford Fieldhouse

- 88,000 square feet with 62,000 square feet of turf
- Sanford POWER sports performance program
- State-of-the-art training equipment
- Physical therapy space
- Sanford Sports Science Institute (SSSI)
 - Environmental chamber and exercise physiology lab
 - Sports nutrition
 - Body composition testing
 - Runners performance clinic
 - Fitness testing
 - Mental training

Sanford Sports Complex

- 500 acres
- 9 football fields
- 3 ice rinks
- 6 indoor tennis courts
- Bike and walking trail access
- Hotel
- Restaurant
- Walk-in medical clinic
- Golf





SANFORD

PENTAGON

PENTAGON

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The Sanford POWER Basketball Academy powers the Pro Training Camp and features a collection of experienced coaches that played at the college level or higher. That includes coordinator Shane Hennen.

In addition to personalized drills and skill work, you'll get offensive and defensive insights, situational expertise and film insights directly from Hennen.



Plus, you'll have usage of ShotTracker technology for instant feedback on shooting workouts and 24/7 access to the Pentagon.

“One of the things that drew me to Sanford was that there are some other places where you are just a number. You're thrown into a workout group and you're just another guy working out for the summer. But I felt like everyone here went the extra mile to make this feel comfortable and make it feel like home.”

**- Reid Travis,
McDonald's
All-American and
All-Pac 12 selection**



The Sanford POWER Football Academy by Riggs Premier Football is dedicated to providing year-round performance training options to individuals and teams. Our programs use personalized instruction tailored to individual needs to help athletes reach their personal performance goals.



Our professional staff, led by Kurtiss Riggs, has experience in all positions and areas of the game. Your home for your personalized workout will be Sanford Fieldhouse, the hub for football at the Sanford

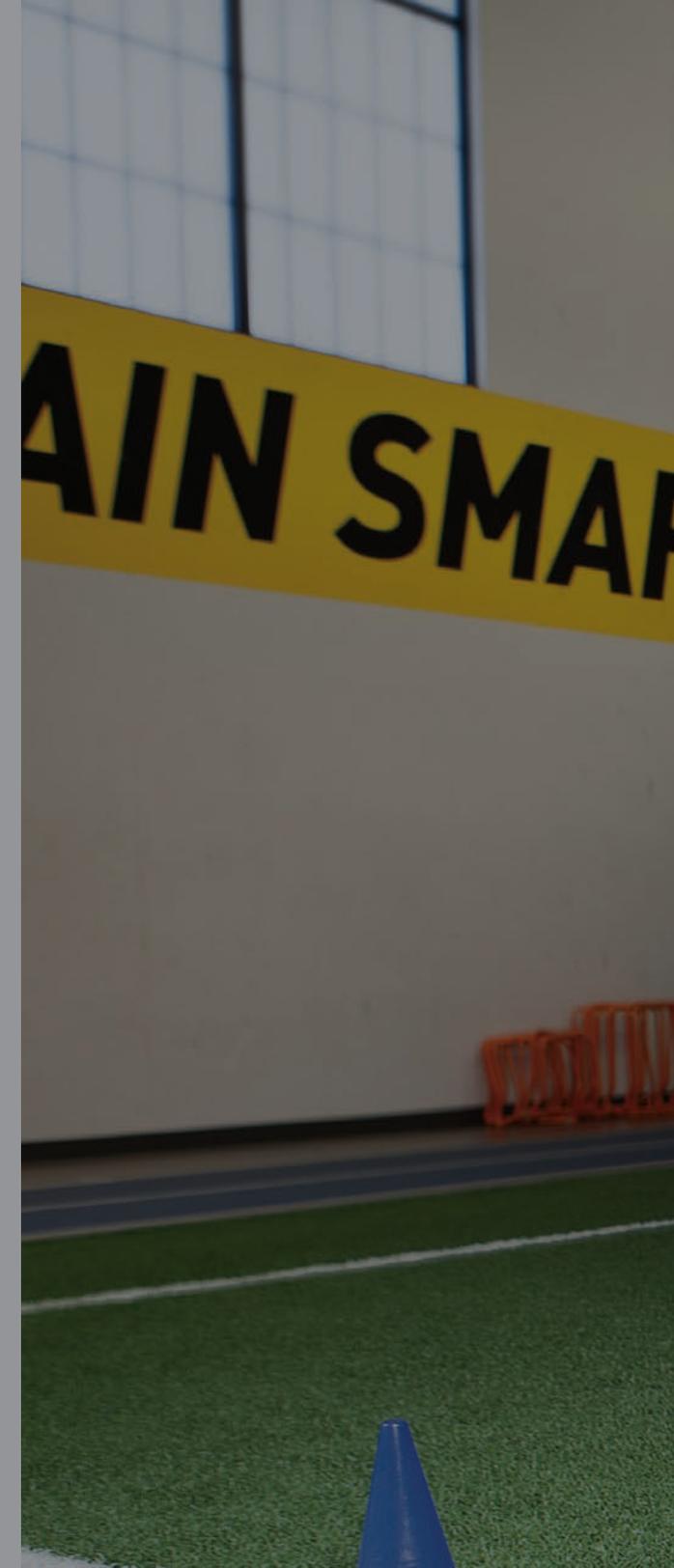
Sports Complex. The indoor facility has 62,000 square feet of FieldTurf®, along with state-of-the-art workout equipment and facilities.



“It’s not conventional training. You’re not just putting a bar on your back and squatting it.

Both physically and mentally, it’s a little different. It’s like you’re retraining your brain.”

**- Easton Stick
pro quarterback**



RTER

START.P

FINISH







At the Sanford POWER Baseball Academy, we start you on the path to maximum performance. Our coaches observe and adjust while paying attention to fundamentals, elevating you to the next level. Our trainers will develop a tailored plan focusing on four key specifics:

- Hitting - balance, stride, distance, timing and rhythm
- Defense - proper positioning, footwork and balance
- Pitching - proper mechanics, balance and focus
- Mental focus - proper mental techniques to maximize your ability

The 162-acre Sanford POWER Baseball Academy calls the Sanford Fieldhouse home. Our trainers' dedication to pursuing excellence in personal and team fitness, POWER training, competition, sports medicine and athletic science research is changing the way sports and health care unite.



“They have the knowledge to write a program that has intent behind it, not just throw

together a bunch of random exercises. There is purpose and intent aimed at a goal.”

**- Dusty Coleman,
World Series champion**



The Sanford POWER Golf Academy is the most comprehensive golf program in the region, bringing together skill work with sports science, physical therapy, and strength and conditioning. Our team of experts, led by PGA teaching professional Todd Kolb, will help you move better, feel better and play better.

Golf-specific training options include:

- On-site strength and conditioning sessions
- Home strength and conditioning program
- Nutrition consultation
- Physical Therapy
- Sweat Testing

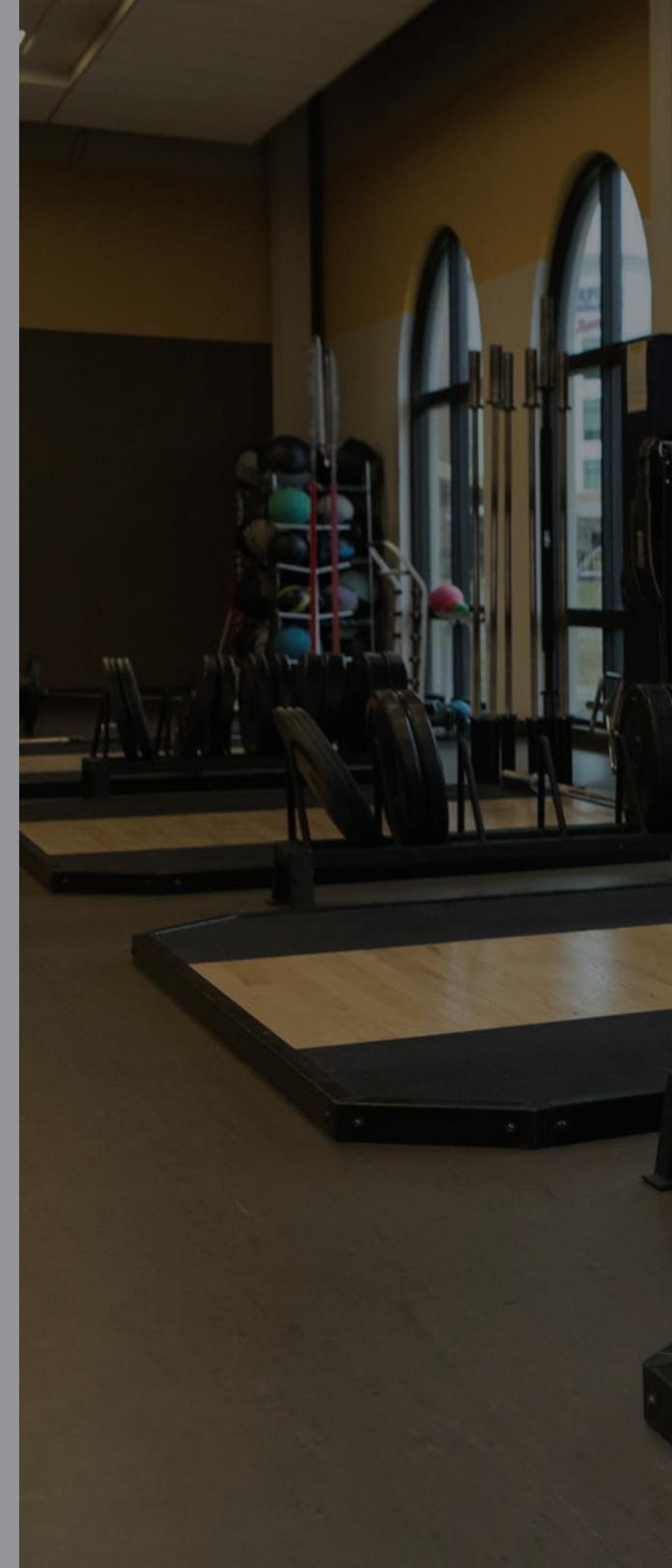
The Sanford POWER Golf Academy added a new home at Great Shots, the golf entertainment facility. The three-story, 54,000-square-foot building has a year-round driving range, 60 bays and a giant video wall with golf technology by BigShots, FlightScope, TrackMan, PuttView and Foresight Sports.



“I hit, I tested and I walked away with four or five exercises that will help my body’s performance,

which will translate to my golf in areas I was struggling.”

**- Kim Kaufman,
pro golfer**





POWER
SANFORD
HEALTH



POWER
SANFORD
HEALTH



POWER

SANFORD
HEALTH



At the Sanford POWER Hockey Academy, we start you on the path to maximum performance. The unique demands of ice hockey require your top performance while carrying a heavy load of protective equipment. The Sanford POWER Hockey Academy will help you get into optimal physical condition and refine your game skills.

Synthetic ice skill training focus on passing and shooting, as well as specialized sessions for goalies. Dryland training is individualized and performance driven with a focus on injury risk reduction. A specialized treadmill is used to reinforce and develop proper and efficient skating mechanics.



“To have someone work with you on

an individual basis and give you that specific one-on-one attention, it’s invaluable to have that feedback.”

**- Matt Cullen,
three-time Stanley
Cup champion**



Sanford POWER is the evidenced-based sports performance program created by Sanford Health. It has been conducting strength and conditioning work with high-end athletes for over 20 years. POWER director Scott Hettenbach comes from the University of Wisconsin, where he handled strength and conditioning for the men's basketball team for more than a decade.

Also based in the Fieldhouse, the Sanford Sports Science Institute (SSSI) conducts state-of-the-art testing, which provides athletes unique insights into their bodies to optimize their performance. Services included sweat and hydration testing, nutrition consultations, biomechanical assessments, mental coaching, performance therapy, visual training and more. The SSSI backs the work they do with cutting-edge research across numerous areas including biomechanics, rehabilitation, exercise physiology and concussions. The research at the SSSI has led to the development of the Sanford SCORE assessment which measures the athletic readiness and improvement of athletes.

If you're looking for a way to prove that you can move, this is it.



The POWER and SSSI teams have years of experience working with elite athletes including the Sioux Falls Skyforce and Miami Heat. Our experts have the experience and expertise to create a targeted plan, customized to optimize the performance for each athlete they work with.





MAVERICK
AIR CENTER



Access to the Sanford Sports Complex is simple. It's a quick five-minute drive from the Sioux Falls airport that hosts 22 flights per day from 10 destinations in the U.S. It's also conveniently positioned near the nexus of two freeways: Interstates 29 and 90.

And to make your visit as hassle-free as possible, a hotel and restaurant are located right on site. Both are available to visiting players and agents.

Available packages

We can build a package that's customized to your needs in terms of skill development, strength and conditioning, nutrition and hydration, biomechanics and sports science.

Available services include:

- Basketball workouts
- Football workouts
- Baseball workouts
- Golf workouts
- Hockey workouts
- Extra shooting
- Strength Training
- Sports massage
- Body composition
- Sports nutrition consult / fueling strategy / supplement review
- Resting energy expenditure
- Sweat fluid and electrolyte losses
- Biomechanics assessment
- Sports Vision (NeuroTracker)
- Body maintenance services/recovery
- Movement and mobility Performance analysis
- Movement and mobility Performance sessions
- Mental coaching

DIRECTIONS

Sanford Sports Complex

The Sanford Sports Complex is located directly west of the Sioux Falls Regional Airport. We are a short five-minute drive from the airport.



Lodging

Rooms can be reserved at the Fairfield Marriott located directly across the street from the Pentagon.

Dining

Dining options include Blue Rock Bar & Grill, Great Shots and Pentagon catering services.



Address: 4035 Bobhalla Dr, Sioux Falls, SD 57107

Phone: (605) 339-8997

SAMPLE SCHEDULE

Daily Workout Plan

8:30 AM	Breakfast in Hotel lobby
9:30 AM	Pentagon Training room – Pre-workout prep
10:00 AM	Dynamic warmup with Sanford POWER
10:15-Noon	Workout
12:15 PM	Manual recovery session with Sanford PT
12:45 PM	Lunch
1:15-2:30 PM	Break/Free Time
2:30 PM	Movement Assessment with Sanford PT
3:00 PM	Strength & Conditioning session w/Sanford POWER
4:00 PM	Optional session/Film Session
5:30 PM	Dinner
7:00 PM	Free Time
	Testing with SSSI

BIOGRAPHIES



Scott Hettenbach, MS, CSCS, TPI L2

Scott Hettenbach has been director of the Sanford POWER sports performance program since 2013. Previously, Scott was the associate director of sports conditioning at the University of Wisconsin - Madison. He led the strength and conditioning program for the Badger men's basketball team from 1995 to 2013. He oversaw all facets of strength, speed, agility, conditioning, testing, recovery and nutrition and worked with team physicians to reduce injuries and return to play protocol and progressions.

In addition to his duties with men's basketball, Hettenbach also worked with football, women's basketball, women's volleyball, men's soccer, track and field, golf and swimming at various points in his career with the Badgers. Scott has coached numerous NBA, NFL, NHL and Olympic athletes while with the Badgers. Among that group are current and former NBA players Devin Harris, Michael Finley, Alondo Tucker, Jon Leuer, Frank Kaminsky and Sam Dekker.

Scott earned his bachelor's and master's degrees from the University of Wisconsin-LaCrosse, where he was a hurdler on the track and field team. He is a Certified Strength and Conditioning Specialist (CSCS) and a member of the National Strength and Conditioning Association (NSCA). He is also certified through the Titleist Performance Institute (TPI L2).



Shane Hennen

Shane Hennen, a native of Minneota, Minnesota, holds multiple career records at Minneota High School including career points (1,576), points in a season (779) and points in a game (46). He played basketball for four years at Morningside College and was part of two NAIA DII National Tournament teams. He has been a coach and trainer since 2015, holding skill camps across the Midwest and working with some of the best players in South Dakota.



Thayne Munce, PhD

Dr. Thayne Munce earned a BA in Biology from Augustana University (Sioux Falls, SD) and a PhD in Kinesiology from Penn State University (University Park, PA), where he studied applied exercise physiology and human thermoregulation. Prior to joining Sanford Health, Dr. Munce was a faculty member in the Department of Kinesiology and Nutrition at the University of Illinois at Chicago. He is currently the associate director of the Sanford Sports Science Institute and is an assistant scientist in the Environmental Influences on Health & Disease Group at Sanford Research. Dr. Munce also holds appointments as an associate professor in the Department of Pediatrics at the University of South Dakota Sanford School of Medicine and as a research scientist with the Royal C. Johnson Veterans Memorial Hospital. He serves on the leadership board of the National Youth Sports Health & Safety Institute (NYSHSI) and is a Fellow of the American College of Sports Medicine (FACSM). For the past several years, Dr. Munce's primary research focus has been studying head impact exposure and brain health in youth football players. This work has been published in leading sports medicine journals and presented at international scientific meetings. Dr. Munce's broader research topics currently include: 1) brain injury risk and concussion in sport, 2) thermoregulation during exercise and heat stress, and 3) quantitative assessments of athletic readiness. Discoveries from the latter area form the scientific basis of the Sanford SCORE athletic assessment program. In addition to his research, Dr. Munce works with many high school, collegiate and professional athletes by providing elite testing services and performance consultations.

BIOGRAPHIES



Jason C. Dorman, MS, CSCS

Jason Dorman is the operations manager for the Sanford Sports Science Institute. He obtained his bachelor's degree in biology from South Dakota State University (SDSU) and his master's degree in kinesiology with a primary emphasis in exercise physiology and secondary emphasis in biomechanics from the University of Wisconsin-Milwaukee (UWM). During his time at UWM, Jason worked as a research assistant in the Human Performance Laboratory, primarily conducting research and performing exercise tests on collegiate and Olympic level athletes. Jason completed a sports science internship at the US Olympic Training Center in Lake Placid, NY and also a one-year work experience position (Post-Graduate Scholar) in the exercise physiology department at the Australian Institute of Sport in Canberra, Australia. Jason has tested and advised myriad high school, collegiate and professional athletes in numerous sports, including gold medal and world record-breaking Olympic athletes. Jason is also a Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association (NSCA) and is currently a member of the SDSU athletes' performance safeguards task force.



Elizabeth Kasperek, MS, RD, CSSD, LN

Elizabeth Kasperek is the sports dietitian for the Sanford Sports Science Institute in Sioux Falls, SD. She is a registered dietitian and board-certified specialist in sports dietetics. She holds a BA in Russian and a BS in dietetics from the University of Wisconsin - Madison, and completed her dietetic internship and MS in nutrition with an emphasis in physical performance at Saint Louis University. Elizabeth works with athletes within the Sanford Sports Complex, local universities, the Sioux Falls Skyforce, and helps other local teams, groups and athletes of all ages and abilities take a real-foods approach to improving overall health and achieve optimal athletic performance. Elizabeth is a member of the Academy of Nutrition and Dietetics (AND), Sports, Cardiovascular and Wellness Nutrition (SCAN) dietetics practice group, and the Collegiate and Professional Sports Dietitians Association (CPSDA).



Tryg Odney, MA, ATC

Tryg Odney is the director of Sports Medicine Outreach. He is a certified athletic trainer by the Board of Certification, Inc. Tryg received a BA in history with a minor in athletic training and an MA in athletic training, both from Augustana University. He oversees the Sanford athletic training program's daily operations including staffing and scheduling, contracts, budget, hiring, long- and short-term planning and program development.

With a staff of 30 athletic trainers, this program provides services in professional, collegiate, high school, youth sports and clinical settings. Tryg has worked as an athletic trainer in a variety of settings with a focus on high school, collegiate and youth sports.

Tryg has twice served as the president of the South Dakota Athletic Trainers' Association (SDATA) and has been a member of the SDATA Executive Committee for more than 15 years. He has also served as a member of the Board of the Directors of the Mid-American Athletic Trainers' Association (MAATA), and was twice appointed as the MAATA vice president. Tryg is a member of the National Athletic Trainers' Association (NATA).



Kurtiss Riggs

Kurtiss Riggs has extensive experience playing and coaching at the high school, college and professional levels. He attended the University of Sioux Falls and set numerous conference and national passing records while playing there. After winning a national championship and earning National Player of the Year in 1996, he went on to play professionally in Europe and on several indoor leagues.

Kurtiss started his coaching career at Roosevelt High School in 1998 and returned to USF to coach quarterbacks from 2005-2009. While at USF, two of his quarterbacks were named National Players of the Year, and USF won three National Championships. He started his coaching duties for the Sioux Falls Storm in 2001. Under his leadership, the Storm won 11 national championships between 2005-2019.

During his tenure as head coach, Kurtiss was named Coach of the Year four times, led the Storm to back-to-back undefeated seasons in 2006 and 2007 and compiled a career record of 222-38. He was inducted into the NAIA Hall of Fame in January 2013.

BIOGRAPHIES



Steve Phillips

Steve Phillips played professional baseball from 1991-97 including a four-year stint in the New York Yankees organization before becoming the hitting coach for the “AA & A” affiliate of the Montreal Expos.

Steve managed the Florida Marlins “A” affiliate from 1999-2004. In 2006, he was selected as the hitting coach for the “AAA” affiliate of the Florida Marlins where he coached for two years. He has managed or coached numerous Major League Baseball players including: Jason Bay (Seattle Mariners), Grady Sizemore (Cleveland Indians), Dontrelle Willis (Detroit Tigers), Josh Johnson (Toronto Blue Jays) and Chris Coghlan (Florida Marlins).



Todd Kolb

PGA teaching professional Todd Kolb is recognized as one of the top instructors in the upper Midwest. He is one of a handful of instructors who have been “certified” by the PGA of America in golf instruction.

In addition to receiving this honor, he also received golf biomechanics accreditations from the Titleist Performance Institute and leading biomechanist, Dr. Young-Hoo Kwon.

In 2008, Todd was awarded the highest honor from his fellow peers by being named Minnesota PGA Teacher of the Year. He received similar honors in 2010 and 2015 when the PGA Dakota Chapter named him Teacher of the Year. He was named Golf Digest’s Best in State Teacher for 2019-2020 as the only golf instructor in South Dakota to receive this distinction.

With more than 25 years of teaching experience working with beginners to touring professionals around the country, Todd has developed a coaching style that has produced the best competitive players year after year. His passion for developing junior golfers has produced collegiate players for Texas Tech University, University of Arizona, University of New Mexico, University of Minnesota, University of Nebraska and South Dakota State University just to name a few.

In 2010 Todd started Team 605 to provide highly motivated juniors with opportunities to compete at the highest level. The junior golfers in Team 605 have combined to win over 50 state championships and tournaments across the United States.

Todd has spent the majority of his career focusing on the development of the highly competitive golfer. He currently coaches players on the LPGA Tour, men’s and women’s mini-tours and aspiring touring professionals.



Andy Gillham

Andy Gillham is the Senior Sports Performance Specialist at the Sanford Sports Science Institute in Sioux Falls, SD. Previously, he owned his own consulting practice (ludusconsulting.biz).

More specifically, Dr. Gillham works primarily with coaches and athletic administrators on improving systematic coach evaluation and providing targeted coach and program professional development opportunities. His PhD is in education with a major in sport and exercise psychology from the University of Idaho and has a BS in fitness and a MS in human performance from University Wisconsin-LaCrosse. He has been a certified strength and conditioning specialist through the National Strength and Conditioning Association (NSCA) since 2003 and is a certified mental performance consultant through the Association for Applied Sport Psychology. Dr. Gillham has helped athletes, coaches, administrators and business executives in Canada and the United States improve their performance.

Dr. Gillham works across competitive levels ranging from youth through professional for both coaches and athletes. In addition to his applied work, Dr. Gillham has published 36 articles in peer-reviewed academic journals. He is also an editorial board member for International Journal of Sports Science & Coaching and NSCA: Coach, and an associate editor for International Sport Coaching Journal.



Melissa Moyer

Melissa Moyer serves as the director of POWER Sports Physical Therapy for the Sanford enterprise. She is a board-certified clinical specialist in sports physical therapy specializing in the rehabilitation and biomechanical assessment of running-related injuries.

Melissa obtained her Bachelor of Science degree in athletic training from South Dakota State University, followed by her doctoral degree in physical therapy from St. Ambrose University in Davenport, IA. During her time at St. Ambrose University, Melissa extended her clinical expertise in athletic training as the graduate assistant athletic trainer for the men's football and women's volleyball teams. Melissa then completed an orthopedic residency program affiliated with St. Ambrose University and Rock Valley Physical Therapy. Currently, Melissa is working towards her Master of Business Administration degree with a specialization in health services from the University of South Dakota. Melissa lives an active lifestyle that is focused on family, friends and community.

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