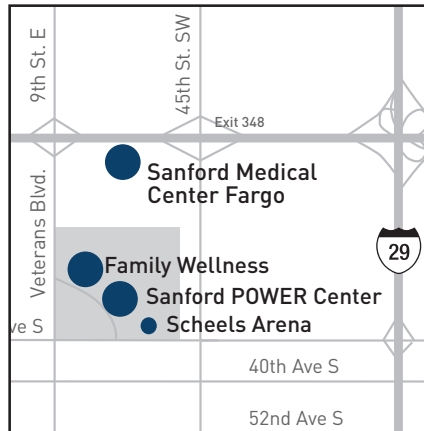




START.PERFORM.FINISH.
#StartPerformFinish

(701) 234-8999
SANFORDPOWER.COM



Sanford POWER Center
2990 Seter Parkway
Fargo, ND 58104



BE A BETTER ATHLETE

**SPRING 2018 SWIMMING POWER
TRAINING CAMPS**

IMPROVE YOUR PERFORMANCE

At Sanford POWER, we start you on the path to maximum performance. Our team of athletic performance experts uses proven practices and the latest technologies to help an athlete become stronger, faster and more explosive – no matter the sport.

You can take the skills you learn at Sanford POWER with you wherever you go- no matter your personal goals. You will finish strong and learn to perform at your maximum ability. From the fundamentals to advanced training methods, our program is designed to make you **Be A Better Athlete**.

Our staff has the knowledge of proper power, strength, agility, and speed development.

Hannah Breske has a proven track record. Her experience, combined with Sanford POWER's state-of-the-art facilities offers a well-rounded program.

SWIM CAMP, DRY-LAND TRAINING AND INSTRUCTION

- Swim-specific power, speed and stroke strength training
- Increased force production off starts and turns
- Swim injury prevention
- Shoulder, hip mobility and stability
- Swim core specific exercise
- Performance evaluation and re-evaluation

SWIMMING POWER CAMP SESSION 1

- **Days:** Monday, Tuesday and Thursday
- **Time:** 5-6:30 p.m.
- **Ages:** 12-18 years of age
- **Dates:** April 2-May 17 (7 weeks)
- **Cost:** \$250
- **Registration deadline:** March 23, 2018

SWIMMING POWER CAMP SESSION 2

- **Days:** Monday, Tuesday and Thursday
- **Time:** 6:30-8 p.m.
- **Ages:** 12-18 years of age
- **Dates:** April 2-May 17 (7 weeks)
- **Cost:** \$250
- **Registration deadline:** March 23, 2018

FOR MORE INFORMATION, CONTACT HANNAH BRESKE AT (701) 234-7870 OR EMAIL HANNAH.BRESKE@SANFORDHEALTH.ORG

Payment can be made by check or credit card. Make check payable to Sanford Health - POWER Center.

*** Disclaimer: no make up sessions or refunds**

MAIL REGISTRATION

Sanford POWER
Spring 2018 Swimming POWER Training Camps
Attn: Hannah Breske
2990 Seter Pkwy., Fargo, ND 58104

Deadline for registration: March 23, 2018

** Disclaimer: no make up sessions or refunds*

REGISTRATION FORM

(Check one) Session 1 Session 2

Name _____

Address _____

City _____ State _____ Zipcode _____

Cell Phone (_____) _____

Home Phone (_____) _____

Email _____

DOB ____/____/____ Grade _____ M/F _____

School _____ Shirt Size _____

Emergency Contact _____

Emergency Contact Cell Phone#

(_____) _____

Emergency Contact Work Phone #

(_____) _____

Goals: _____

CREDIT CARD PAYMENT

Card Type _____ Card # _____

Name on Card _____ Exp. Date _____

CONSENT FORM

I hereby consent to having (child's name)

_____ participate in the Sanford POWER Camp. I understand that there are risks involved in participation. I certify that he/she is medically fit to participate in camp training and activities. I agree to release and hold free from liability all camp employees and Sanford for injuries/illness that may occur during or as a result of participation.

Parent/guardian signature _____

Date _____