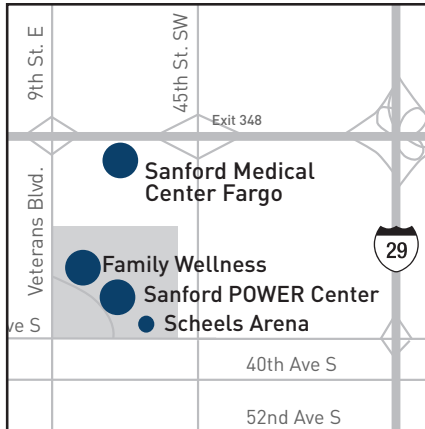


# ***POWER***

**SANFORD**  
HEALTH

***START.PERFORM.FINISH.***  
#StartPerformFinish

**(701) 234-8999**  
**SANFORDPOWER.COM**



***Sanford POWER Center***  
***2990 Seter Parkway***  
***Fargo, ND 58104***



***SPRING 2018***  
***BASEBALL & SOFTBALL***  
***POWER TRAINING CAMP***

***POWER***  
SANFORD  
HEALTH

## 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.

## CAMP TRAINING AND INSTRUCTION

- Baseball and softball specific power, agility and strength training.
- Shoulder pre-hab and strength training
- Acceleration and maximum speed development.
- Running/sprinting mechanics.
- Dynamic flexibility training.
- Nutrient timing to optimize recovery.
- Performance evaluation and re-evaluation.

## BASEBALL & SOFTBALL POWER TRAINING CAMP

**Days:** Monday and Thursday

**Time:** 6-7:30 p.m.

**Dates:** 3/12/18 – 4/19/18

**Ages:** 11-15 years of age

**Cost:** \$160

**Registration Deadline:** March 2, 2018

For more information call Sam Thielen at 234-7910 or email Samuel.Thielen@sanfordhealth.org.

Go to [sanfordPOWER.com](http://sanfordPOWER.com) for more details.

**Disclaimer: No make-up sessions or refunds. Payment can be made by check or credit card. Make check payable to: Sanford Health – POWER Center.**

## MAIL REGISTRATION

Sanford POWER  
Attn: Sam Thielen  
2990 Seter Parkway  
Fargo, ND 58104



Deadline for registration: March 2, 2018

**Disclaimer: No make-up sessions or refunds.**

## REGISTRATION FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Cell Phone: ( \_\_\_\_\_ ) \_\_\_\_\_

Home Phone: ( \_\_\_\_\_ ) \_\_\_\_\_

Email Address: \_\_\_\_\_

DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Grade: \_\_\_\_\_ M/F: \_\_\_\_\_

School: \_\_\_\_\_ Shirt Size: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Emergency Contact Cell Phone#: \_\_\_\_\_  
( \_\_\_\_\_ ) \_\_\_\_\_

Emergency Contact Work Phone #: \_\_\_\_\_  
( \_\_\_\_\_ ) \_\_\_\_\_

Sport(s) participating in: \_\_\_\_\_  
\_\_\_\_\_

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 \_\_\_\_\_