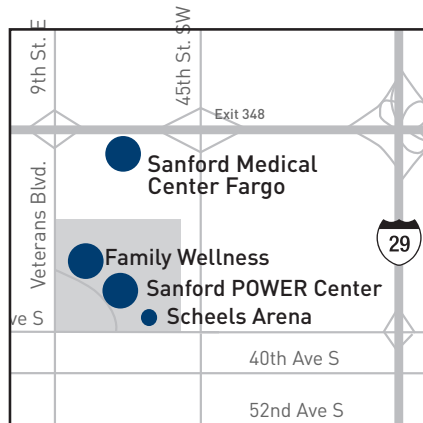




START.PERFORM.FINISH.
#StartPerformFinish

(701) 234-8999
SANFORDPOWER.COM



Sanford POWER Center
2990 Seter Parkway
Fargo, ND 58104



BE A BETTER
ATHLETE

FALL 2017 PRESEASON HOCKEY
POWER TRAINING CAMPS



IMPROVE YOUR PERFORMANCE

Sanford POWER Preseason Hockey Camps are designed to prepare athletes for the rigors of Ice Hockey and to lay the foundation needed for the competitive season. These camps will focus on improving your flexibility, power, speed, agility, and strength. Sanford's POWER program arms you with the training tools to ensure results, reduce injuries, educate and utilize proven athletic theory.

CAMP TRAINING AND INSTRUCTION

- Dynamic Flexibility Training
- Functional and Hockey Specific Strength Training
- Power and Agility Training
- Speed/Acceleration Development
- Sport Specific Conditioning
- POWER T-Shirt

CAMP BENEFITS:

- Improved athletic performance abilities
- Unity and camaraderie
- Increased self-confidence and self-image
- Decreased risk of sports related injuries
- Training concepts that can be used in the future

CAMPS:

1. Peewee/Bantam

- Sept. 5 – Sept. 28; 4 weeks, 11 sessions (No sessions on Labor Day, Sept 4)
- Days: Mondays, Tuesdays and Thursdays
- Times: 6-7 p.m.
- Cost: \$130.00
- Registration deadline: Aug. 25

2. U12/U14

- Sept. 5 – Sept. 28; 4 weeks, 11 sessions (No sessions on Labor Day, Sept 4)
- Days: Mondays, Tuesdays and Thursdays
- Time: 7-8 p.m.
- Cost: \$130.00
- Registration deadline: Aug. 25

3. High School Girls and Boys

- Sept. 5 – Oct. 26; 8 weeks, 23 sessions (No sessions on Labor Day, Sept 4)
- Days: Mondays, Tuesdays and Thursdays
- Time: 5:30-7 p.m.
- Cost: \$280.00
- Registration deadline: Aug. 25

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

ADDITIONAL INFORMATION:

Please contact Sanford POWER at (701) 234-8999.

DISCLAIMER: NO MAKE-UP SESSIONS OR REFUNDS.



MAIL REGISTRATION

Fall 2017 Preseason Hockey
POWER Training Camps
2990 Seter Pkwy., Fargo, ND 58104
Disclaimer: no make up sessions or refunds

REGISTRATION FORM

(Check one)

Peewee/Bantam U12/U14 HS Girls/Boys

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