

# Summer 2018 DGF Girls' Basketball POWER Training



This summer, Sanford Health would like to offer its POWER Training program to the DGF Girls' Basketball team. The program is designed to prepare you for your season and to lay the foundation needed for the competitive season. This 8-week training program will focus on improving your flexibility, power, speed, quickness, agility, and strength. Sanford's POWER program arms you with the training tools to ensure results, reduce injuries, educate, and utilize proven athletic theory. **START.PERFORM.FINISH** with Sanford POWER.

## GROUP INSTRUCTION AND TRAINING CONTENT:

- Performance Evaluation and Re-Evaluation
- Dynamic Flexibility Training
- Power and Explosive Training
- Quickness and Agility Training
- Speed/Acceleration Development
- Functional Strength Training and Olympic Style Weightlifting
- Sport Specific Conditioning
- POWER T-Shirt

## TEAM BENEFITS:

- Improved Athletic Performance Abilities
- Team Unity and Camaraderie
- Increased Self-Confidence and Self-Image
- Decreased Risk of Sports Related Injuries
- Training Concepts that can be used in the Future

## WHEN:

- Monday, June 4<sup>th</sup>–Wednesday, August 1<sup>st</sup>, (No sessions are scheduled during the week of July 4<sup>th</sup>; see training schedule for specific training dates)

## SESSIONS:

- Mondays and Wednesdays (See training schedule for specifics)
- 10:30 AM-12:00 noon, 1.5 hour training sessions
- 8-weeks, 16 total training sessions
- *Disclaimer: There will be no make-up for missed sessions.*

## WHERE:

- Sanford POWER Center, 2990 Seter Parkway, Fargo, ND 58104 (701-234-8999)

## COST:

- \$225.00 (**payment due with submission of registration form**)
- Payment can be made by check or credit card, make check payable to Sanford POWER Center
- Registration deadline is **Friday, May 25, 2018**

## ADDITIONAL INFORMATION:

- For more information, please contact Randy Martin (701) 234-7907.

## MAIL REGISTRATION AND PAYMENT TO:

- Sanford POWER Center  
Attn: Randy Martin  
2990 Seter Parkway  
Fargo, ND, 58104



@sanfordPOWER

# REGISTRATION FORM

## Summer 2018 DGF Girls' Basketball

### POWER Training



NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

HOME PHONE # \_\_\_\_\_ CELL PHONE # \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

AGE \_\_\_\_\_ DOB \_\_\_\_\_ GRADE (going into) \_\_\_\_\_ M / F

SHIRT SIZE \_\_\_\_\_ SPORT(S) PARTICIPATING IN \_\_\_\_\_

EMERGENCY CONTACT NAME \_\_\_\_\_

EMERGENCY CONTACT PHONE # \_\_\_\_\_ CELL PHONE # \_\_\_\_\_

HOW DID YOU HEAR ABOUT OUR PROGRAM? \_\_\_\_\_

REFERRED BY? \_\_\_\_\_

DO YOU HAVE ANY SPECIFIC MEDICAL CONDITIONS SUCH AS ASTHMA, DIABETES, EPILEPSY, ETC.? \_\_\_\_\_

CURRENT INJURIES \_\_\_\_\_ LIMITATIONS \_\_\_\_\_

WEIGHT TRAINING/OLYMPIC LIFTING EXPERIENCE \_\_\_\_\_

PLYOMETRIC TRAINING EXPERIENCE \_\_\_\_\_

SPEED AND/OR AGILITY TRAINING EXPERIENCE \_\_\_\_\_

TRAINING GOALS \_\_\_\_\_

**PAYMENT METHOD: (\$225.00)**

CREDIT CARD TYPE \_\_\_\_\_ CREDIT CARD NUMBER \_\_\_\_\_

EXP DATE \_\_\_\_\_ NAME PRINTED ON THE CARD \_\_\_\_\_

CASH/CHECK \_\_\_\_\_ CHECK NUMBER \_\_\_\_\_ CASH/CHECK AMOUNT \_\_\_\_\_

NAME ON THE CHECK \_\_\_\_\_

**CONSENT FORM:** I HEREBY CONSENT TO HAVING (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.

\_\_\_\_\_  
(ATHLETE'S SIGNATURE)

\_\_\_\_\_  
(DATE)

\_\_\_\_\_  
(PARENT/GUARDIAN'S SIGNATURE)

\_\_\_\_\_  
(DATE)



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