

POWER

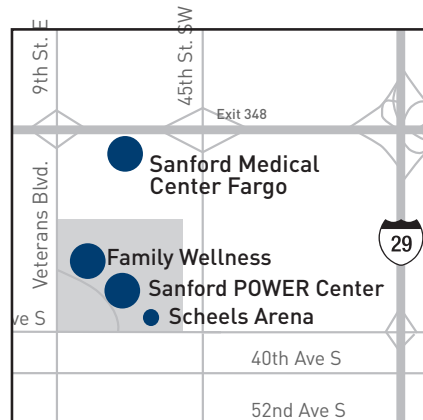
SANFORD
HEALTH

START.PERFORM.FINISH.

#StartPerformFinish

(701) 234-8999

SANFORDPOWER.COM



Sanford POWER Center
2990 Seter Parkway
Fargo, ND 58104

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BE A BETTER ATHLETE

**WINTER 2018/19 VOLLEYBALL
POWER TRAINING CAMP**

IMPROVE YOUR PERFORMANCE

The off-season is no time to be taking it easy. Sanford POWER can help you reach your goals for this season by going beyond the basic fundamentals and focusing on power, strength, flexibility and speed/acceleration drills, while reducing the susceptibility to injury.

We are offering a Winter 2018/19 Volleyball POWER Training Camp that will lay the foundation for the competitive season.

Sam Thielen has a proven track record of training volleyball players. Sam is also a Certified Strength and Conditioning Specialist. His experience, combined with Sanford POWER's state-of-the-art facility offers a well-rounded program.

VOLLEYBALL CORE POWER, SPEED, AGILITY, STRENGTH AND PLYOMETRIC TRAINING

- Active/Dynamic Warm-up
- Core power, speed, agility and strength training
- Proper jumping and landing mechanics and plyometric training
- Injury prevention
- Shoulder and hip strengthening and stability training
- Pre/post-performance evaluation
- POWER T-shirt

POWER VOLLEYBALL CAMP

- November 26, 2018 – January 17, 2019 (8 weeks; 21 sessions);
- Days and Times:
 - Mondays, Tuesdays and Thursdays: 5:30-7 p.m.
- Days and Times During Holiday Break:
 - Monday, December 24: no training session
 - Tuesday, December 25: no training session
 - Thursday, December 27 and Monday, December 31: training sessions from 2-3:30 p.m.
 - Tuesday, January 1, 2019: no training session
- Ages: 12-18 years of age
- Cost: \$275
- Registration Deadline: Friday, November 16, 2018

CAMP BENEFITS

- Improved Athletic Performance Capabilities
- Enhanced Stability, Flexibility, Mobility, Vertical Jump, Acceleration, Power, Strength, and Agility/Quickness
- Increased Self-Confidence and Self-Image
- Decreased Risk of Sports Related Injuries
- Training concepts that can be used in the future

DISCLAIMER: NO MAKE-UP SESSIONS OR REFUNDS

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

GO TO SANFORDPOWER.COM FOR MORE DETAILS.

ADDITIONAL INFORMATION:

Contact Sam Thielen at (701) 234-7910 or email samuel.thielen@SanfordHealth.org.

MAIL REGISTRATION

Winter 2018/19 Volleyball
POWER Training Camp
Attn: Sam Thielen
2990 Seter Pkwy., Fargo, ND 58104



Deadline for registration: Friday, November 16, 2018

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REGISTRATION FORM

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 _____