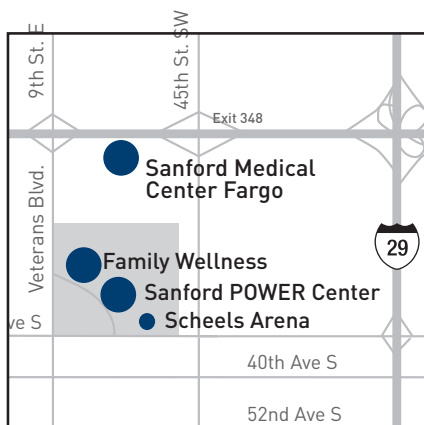




START.PERFORM.FINISH.
#StartPerformFinish

(701) 234-8999
SANFORDPOWER.COM



Sanford POWER Center
2990 Seter Parkway
Fargo, ND 58104



BE A BETTER
ATHLETE

FALL 2017 GIRLS' BASKETBALL
POWER TRAINING CAMP





IMPROVE YOUR PERFORMANCE

Your goal to have a competitive basketball season is in sight. 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 fall POWER Girls' Basketball Camp that camp will lay the foundation for the competitive season.

Sam Thielen has a proven track record of training basketball 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.

CAMP TRAINING AND INSTRUCTION

- Performance Sanford SCORE Evaluation and Re-Evaluation
- Active/Dynamic Warm-up
- Technical Sprint Drills
- Acceleration and Speed Development
- Agility and Plyometric (Jump) Training
- Sport Specific Conditioning
- POWER T-Shirt
- Functional Strength & POWER Training

CAMP BENEFITS

- Improved Athletic Performance Abilities
- Enhanced Mobility/Flexibility
- Increased Self-Confidence and Self-Image
- Decreased Risk of Sports Related Injuries
- Training concepts that can be used in the future

GIRLS' BASKETBALL TRAINING CAMP

- September 11-November 2 (8 weeks; 24 training sessions)
- Days: Monday, Tuesday and Thursday
- Times: 7-8:30 p.m.
- Ages: 12-19 years of age
- Cost: \$290.00

Registration deadline: September 1, 2017

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

Additional information:

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

DISCLAIMER: NO MAKE-UP SESSIONS OR REFUNDS.

MAIL REGISTRATION

Fall 2017 Girls' Basketball
POWER Training Camp
Attn: Sam Thielen • 2990 Seter Pkwy., Fargo, ND 58104
Deadline for registration: September 1, 2017
Disclaimer: No make-up sessions or refunds.

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.
