

REGISTRATION CONT.

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.

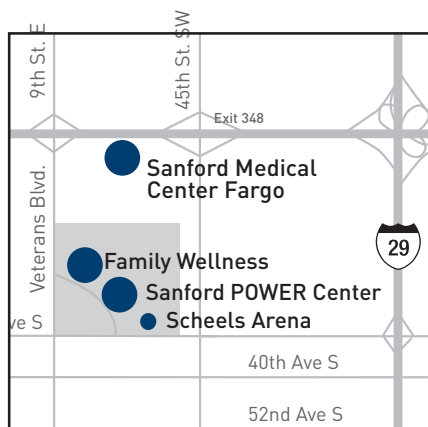
Parent/guardian signature _____ Date _____

Detach and return registration panel.



START.PERFORM.FINISH.
#StartPerformFinish

(701) 234-8999
SANFORDPOWER.COM



Sanford POWER Center
2990 Seter Parkway
Fargo, ND 58104



SANFORD POWER
TRI-CITY STORM
OFF-SEASON
TRAINING CAMPS



IMPROVE YOUR PERFORMANCE

Tri-City Storm Soccer Club and Sanford POWER have partnered to offer additional sports performance opportunities for Tri-City Storm Soccer Club athletes during this off-season.

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. Performance sessions at Sanford POWER will focus on dynamic flexibility training, acceleration development, strength training, speed mechanics, agility drills and injury prevention exercises to advance the athleticism and skills of the players.

Each camp will lay the foundation for the competitive season. Improving skills doesn't just happen by simply focusing on conditioning or strength training. It's more than just "sets" and "reps."

Our staff has the knowledge of proper performance development with the facility to provide a well-rounded program.

CAMP SESSIONS

Group #1: Boys U13
Monday & Thursday
7-8 p.m.
11/5/2018-12/13/2018
Registration Deadline:
10/26/18

Group #2: Girls U13
Tuesday & Thursday
6-7 p.m.
11/6/2018-12/13/2018
Registration Deadline:
10/26/18

Group #3: Boys U14
Monday & Thursday
6-7 p.m.
11/5/2018-12/13/2018
Registration Deadline:
10/26/18

Group #4: Girls U14
Tuesday & Thursday
5-6 p.m.
11/6/2018-12/13/2018
Registration Deadline:
10/26/18

Group #5: Boys U16
Tues., 5-6 &
Fri., 5:30-6:30 p.m.
11/13/2018-12/21/2018
Registration Deadline:
11/2/18

Group #6: Girls U16
Monday & Thursday
5-6 p.m.
11/12/2018-12/20/2018
Registration Deadline:
11/2/18

Group #7: Boys U19
Tuesday & Friday
4:30-5:30 p.m.
11/13/2018-12/21/2018
Registration Deadline:
11/2/18

Group #8: Girls U19
Monday & Thursday
4:30-5:30 p.m.
11/12/2018-12/20/2018
Registration Deadline:
11/2/18

Payment can be made by check or credit card.

Make check payable to:
Sanford Health - POWER Center

MAIL REGISTRATION

Sanford POWER
Tri-City Camps
2990 Seter Pkwy., Fargo, ND 58104

REGISTRATION FORM

Name _____
Address _____
City _____ State _____ Zipcode _____
Cell Phone (_____) _____
Home Phone (_____) _____
Email _____
DOB ____ / ____ / ____ Grade _____ M/F _____
School _____ Shirt Size _____

Camp Name	Select Session (Check one)	Amount
Group #1: Boys U13		\$110.00
Group #2: Girls U13		\$110.00
Group #3: Boys U14		\$110.00
Group #4: Girls U14		\$110.00
Group #5: Boys U16		\$110.00
Group #6: Girls U16		\$110.00
Group #7: Boys U19		\$110.00
Group #8: Girls U19		\$110.00

**Registration Deadlines: See Camp Sessions*

- **No training sessions on Thursday, November 22 (Thanksgiving Day) or Friday, November 23.**
- **Group sizes are limited to 15 athletes.**
- **There are no refunds and/or make-up sessions for missed training sessions.**