

CENTURY HIGH SCHOOL PATRIOT POWER PROGRAM FOR SUMMER 2019

POWER
SANFORD
HEALTH

JUNE 3-AUGUST 1 (M-TH AT CHS)*

6 A.M.	M-TH	Summer School/Overflow
7 A.M.	M & W	Male - Junior, Senior (Tuesday and Thursday will train at 8 A.M.)
8 A.M.	M & W	Female - Junior, Senior (Tuesday and Thursday will train at 7 A.M.)
9 A.M.	M-TH	Male - Freshman, Sophomore
10 A.M.	M-TH	Female - Freshman, Sophomore
11 A.M.	M-TH	Cross Country/Overflow
12 P.M.	M-TH	OFF
1 P.M.	M-TH	Summer School/Overflow

* No training held July 1-4.

** All athletes must show up 10 minutes prior to session for warm-ups.

Pre-tests will be held on Monday, June 3 (athletes will pre-test at the time they are registered for summer training).

Post-tests will be held on Wednesday, July 31.

Due to construction locker rooms will be unavailable.
Athletes will need to come prepared or use the restrooms to change.

NOTICE



THERE ARE ONLY 30 SPOTS PER SESSION AND THEY WILL FILL UP FAST.

If you HAVE been a member of Sanford POWER before, you do not need to fill out registration paperwork again; only the program fee of \$125.00 is needed to reserve the athlete's spot. If you have NOT participated in POWER before, please fill out the registration paperwork and return with program fee. Include time spot registering for in the 'Program' blank at the top.

REGISTRATION CAN BE MAILED OR DROPPED OFF AT:

Sanford POWER Center
3451 N. 14th St., Bismarck, ND 58503
(701) 323-1125
Or, completed online at <http://www.sanfordpower.com/resources/registerpay/>

