

LEGACY HIGH SCHOOL POWER PROGRAM SUMMER 2019

POWER
SANFORD
HEALTH

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

6:30 A.M.	Football – Junior, Senior
7:30 A.M.	Female – Junior, Senior
8:30 A.M.	Male – Junior, Senior
9:30 A.M.	Female – Freshmen, Sophomore
10:30 A.M.	Male – Freshmen, Sophomore
11:30 A.M.	Cross Country/Overflow – Freshmen-Senior
1 P.M.	Summer School/Overflow

All athletes must show up 10 minutes prior to session for warmups. **No classes July 1-5

SCORE pre-testing: May 15 from 1-6 p.m. at Legacy High School

Post-testing: July 23 at Legacy High during designated training time



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/>

