

Summer 2021 POWER Basketball Performance & Skills Training Camps



Your goal to improve your basketball game is a top priority. The off-season is no time to be taking it easy. Sanford POWER can help you reach your goals by combining basketball skills and fundamentals with strength and power development. This summer, the 6-week training program will focus on nurturing your basketball skills and cultivating strength and power development. This is the perfect way to advance your basketball abilities. **START.PERFORM.FINISH** with Sanford POWER.

HIGH SCHOOL AND MIDDLE SCHOOL TRAINING CAMPS:

1. High School Boys POWER Basketball Performance & Skills Training Camp (Grades: Going into 9-12)
 - Days/Dates: Tuesdays and Thursdays, June 22, 2021-August 5, 2021
 - Duration: 7-weeks, 14 POWER training sessions and 14 Basketball Academy skills sessions
 - Schedule: 1-2 PM-POWER Training and 2-3 PM-Basketball Academy Skills Training
 - Cost: \$525.00
2. High School Girls POWER Basketball Performance & Skills Training Camp (Grades: Going into 9-12)
 - Days/Dates: Tuesdays and Thursdays, June 22, 2021-August 5, 2021
 - Duration: 7-weeks, 14 POWER training sessions and 14 Basketball Academy skills sessions
 - Schedule: 1-2 PM-Basketball Academy Skills Training and 2-3 PM-POWER Training
 - Cost: \$525.00
3. Middle School Boys POWER Basketball Performance & Skills Training Camp (Grades: Going into 6-8)
 - Days/Dates: Tuesdays and Thursdays, June 22, 2021-August 5, 2021
 - Duration: 7-weeks, 14 POWER training sessions and 14 Basketball Academy skills sessions
 - Schedule: 9-10 AM-POWER Training and 10-11 AM-Basketball Academy Skills Training
 - Cost: \$525.00
4. Middle School Girls POWER Basketball Performance & Skills Training Camp (Grades: Going into 6-8)
 - Days/Dates: Tuesdays and Thursdays, June 22, 2021-August 5, 2021
 - Duration: 7-weeks, 14 POWER training sessions and 14 Basketball Academy skills sessions
 - Schedule: 9-10 AM-Basketball Academy Skills Training and 10-11 AM-POWER Training
 - Cost: \$525.00

WHERE:

- Sanford POWER Center, 2990 Seter Parkway, Fargo, ND 58104

REGISTRATION INFORMATION:

- Payment due with submission of registration form.
- Payment can be made by check or credit card, make check payable to Sanford POWER Center.
- Camps are limited to the first 8 registrations.
- Registration deadline is **Friday, June 11, 2021.**

DISCLAIMER:

- ***There will be no refunds or make-up for missed sessions.***

ADDITIONAL INFORMATION:

- For more information, please contact the POWER Center at 234-8999.

MAIL REGISTRATION AND PAYMENT TO:

- Sanford POWER Center
2990 Seter Parkway
Fargo, ND 58104



REGISTRATION FORM

POWER Basketball Performance & Skills Training Camps



NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

HOME PHONE # _____ CELL PHONE # _____

EMAIL ADDRESS _____

PARENT/GUARDIAN'S EMAIL ADDRESS _____

AGE _____ DOB _____ GRADE (entering in school) _____ M / F

SPORT(S) YOU PARTICIPATE IN _____

EMERGENCY CONTACT'S NAME _____

EMERGENCY CONTACT'S PHONE # _____ CELL PHONE # _____

HOW DID YOU HEAR ABOUT THE PROGRAM OR REFERRED BY? _____

DO YOU HAVE ANY SPECIFIC MEDICAL CONDITIONS SUCH AS ASTHMA, DIABETES, EPILEPSY, ETC.? _____

CURRENT INJURIES _____

LIMITATIONS FROM CURRENT INJURIES _____

WEIGHT TRAINING/OLYMPIC LIFTING EXPERIENCE _____

PLYOMETRIC TRAINING EXPERIENCE _____

SPEED AND/OR AGILITY TRAINING EXPERIENCE _____

TRAINING CAMPS: (Please check the training session you are registering for; max of 8 athletes per training group)

- High School Boys Training Camp (Grades 9-12)* *Middle School Boys Training Camp (Grades 6-8)*
 High School Girls Training Camp (Grades 9-12) *Middle School Girls Training Camp (Grades 6-8)*

PAYMENT METHOD: (\$525.00)

CREDIT CARD TYPE _____ CREDIT CARD NUMBER _____

EXP DATE _____ NAME PRINTED ON THE CARD _____

CASH/CHECK _____ CHECK NUMBER _____ CASH/CHECK AMOUNT _____

NAME ON THE CHECK _____

CONSENT FORM: I HEREBY CONSENT TO HAVING (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.

(ATHLETE'S SIGNATURE)

(DATE)

