

MAIL REGISTRATION

Sanford POWER
2990 Seter Pkwy
Fargo, ND 58104



** Disclaimer: No make-up sessions or refunds; payment must be received or arranged prior to camp participation.*

REGISTRATION FORM

CAMP NAME _____

SESSION OPTIONS _____

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 _____

Payment can be made by check or credit card.

Make check payable to:
Sanford Health - POWER Center.

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 _____

SWIMMING POWER TRAINING CAMP

This camp is for all swimmers going into grades 7-12. Camp focuses on swim specific strength, power and speed training while also working on injury prevention, shoulder and hip mobility and stability, and core specific exercises.

- **Days:** Monday and Wednesday
- **Dates:** June 7-August 5, 2021
**No training July 5-9, 2021
- **Duration:** 8 weeks; 16 training sessions
- **Time:** 2:30-4 p.m.
- **Grades:** 7-12
- **Cost:** \$200
- **Registration Deadline:** Friday, May 28, 2021

VOLLEYBALL POWER TRAINING CAMP

This camp is for all volleyball athletes going into grades 7-12. Camp focuses on enhanced stability, flexibility, mobility, vertical jump, acceleration, power, strength, and agility/quickness, along with injury prevention.

- **Days:** Monday, Wednesday, and Thursday
- **Dates:** June 7-August 5, 2021
**No training July 5-9, 2021
- **Duration:** 8 weeks; 24 training sessions
- **Time:** 11 a.m.-12:30 p.m.
- **Grades:** 7-12
- **Cost:** \$295
- **Registration Deadline:** Friday, May 28, 2021

PERSONAL TRAINING/ SMALL GROUP TRAINING

Our Sanford POWER Certified Strength and Conditioning Specialists will design a program around your goals, provide motivation, and challenge you each day. We train people of all levels and all ages, to help you reach your goals.

LARGE GROUP/TEAM TRAINING

If you have a large group or team interested in setting up POWER training, please contact us and we would be happy to get a package put together to meet your specific needs.

RETURN TO PERFORMANCE

The Return to Performance program is an innovative and injury-specific program for athletes, of all levels, recovering from an injury or surgery. It is coordinated and collaborative care between the POWER Center's Return to Performance staff and physical therapy. This program transitions an athlete from completion of physical therapy to fully returning to performance. The Return to Performance program integrates the philosophies of functional rehabilitation with those of sports training. The result is an individualized program which develops dynamic stability and provides for a safe return to performance activities.

ADULT OPTIONS

The POWER Center is not only for young athletes. Adults are more than welcome to purchase a day pass, punch card, membership to use the facility or schedule individual partner, or group training sessions. The Sanford POWER Center is equipped to meet your cardio and strength training needs. Included with your purchase of any of these is our Adult Circuit Class. Adult Circuit Class is offered Monday-Friday from 5:30-6:30 a.m. and on Tuesdays and Thursdays from 12-1 p.m.

At Sanford POWER, we offer training that incorporates the latest in mobility, strength, speed, agility, plyometrics and explosive power development. We teach safe and proper training techniques based on scientific principles supported by the National Strength and Conditioning Association (NSCA), the American College of Sports Medicine (ACSM) and USA Weightlifting. The POWER Center is not only for young athletes. The POWER Center is available to athletes of all ages, goals, and abilities. Our staff will design training sessions specifically for you.

POWER

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HEALTH

Sanford POWER Center
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(701) 234-8999 • sanfordpower.com



428-545-843 3/21

POWER

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SUMMER SANFORD POWER START. PERFORM. FINISH.



2021

SUMMER PROGRAMMING

MAXIMIZE YOUR PERFORMANCE

#StartPerformFinish

At Sanford POWER, we start you on the path to maximum performance. Our team of athletic performance experts use proven practices and the latest technologies to help an athlete become stronger, faster and more explosive— no matter the sport.

You will finish strong and learn to perform at your maximum ability. From the fundamentals to advanced training methods, our program is designed to make you A Better Athlete.

Sanford POWER is offering the following programming options for summer 2021. To register for one of our summer camps, please complete the attached registration form and mail it to Sanford POWER or drop it off at your earliest convenience.

CROSS COUNTRY POWER TRAINING CAMP

This camp is for all cross country athletes going into grades 7-12. This camp is designed to provide endurance training through track style runs. Camp will focus on acceleration and maximum speed development, running mechanics and drills, and appropriate strength training.

- **Days:** Monday, Tuesday, and Thursday
- **Dates:** June 7-August 5, 2021
**No training July 5-9, 2021
- **Duration:** 8 weeks; 24 training sessions
- **Time:** 1-2:30 p.m.
- **Grades:** 7-12
- **Cost:** \$295
- **Registration Deadline:** Friday, May 28, 2021

HIGH SCHOOL POWER TRAINING CAMPS

These camps are for all high school athletes. They are not specific to any sport but the focus is on improving flexibility/mobility, linear and maximum speed, agility, power by using plyometrics and medicine ball training, vertical and horizontal force development through strength and power training techniques.

Session One

- **Days:** Monday, Tuesday, and Thursday
- **Dates:** June 7-August 5, 2021
**No training July 5-9, 2021
- **Duration:** 8 weeks; 24 training sessions
- **Time:** 8-9:30 AM
- **Grades:** 9-12
- **Cost:** \$295
- **Registration Deadline:** Friday, May 28, 2021

Session Two

- **Days:** Monday, Tuesday, and Thursday
- **Dates:** June 7-August 5, 2021
**No training July 5-9, 2021
- **Duration:** 8 weeks; 24 training sessions
- **Time:** 9:30-11 a.m.
- **Grades:** 9-12
- **Cost:** \$295
- **Registration Deadline:** Friday, May 28, 2021

MIDDLE SCHOOL POWER TRAINING CAMPS

These camps are for all middle school athletes. They are not sport specific and focus on general foundational movement skills, body control, flexibility/mobility, acceleration and speed development, and act as an introduction to weight room strength and power development exercises in preparation for more advanced training methods.

Session One

- **Days:** Monday, Tuesday, and Thursday
- **Dates:** June 7-August 5, 2021
**No training July 5-9, 2021
- **Duration:** 8 weeks; 24 training sessions
- **Time:** 10:30 a.m.-12 p.m.
- **Grades:** 6-8
- **Cost:** \$295
- **Registration Deadline:** Friday, May 28, 2021

Session Two

- **Days:** Monday, Tuesday, and Thursday
- **Dates:** June 7-August 5, 2021
**No training July 5-9, 2021
- **Duration:** 8 weeks; 24 training sessions
- **Time:** 1-2:30 p.m.
- **Grades:** 6-8
- **Cost:** \$295
- **Registration Deadline:** Friday, May 28, 2021

PRE-POWER TRAINING CAMPS

These camps are for athletes going into grades 3-5. Our Pre-POWER program is designed to develop the athletic skills of children through basic plyometric, speed, agility, and strength training drills. At POWER, we are offering the opportunity to get moving in a structured program with one of our experienced staff.

Session One

- **Days:** Monday and Wednesday
- **Dates:** June 7-August 4, 2021
**No training July 5-9, 2021
- **Duration:** 8 weeks; 16 training sessions
- **Time:** 2-3 p.m.
- **Grades:** 3-5
- **Cost:** \$190
- **Registration Deadline:** Friday, May 28, 2021

Session Two

- **Days:** Tuesday and Thursday
- **Dates:** June 8-August 5, 2021
**No training July 5-9, 2021
- **Duration:** 8 weeks; 16 training sessions
- **Time:** 2-3 p.m.
- **Grades:** 3-5
- **Cost:** \$190
- **Registration Deadline:** Friday, May 28, 2021

SOCCER POWER TRAINING CAMP

This camp is for all soccer athletes going into grades 7-12. Camp will focus on agility and quickness, acceleration and maximum speed development, and strength training geared specifically towards soccer.

- **Days:** Monday, Tuesday and Thursday
- **Dates:** June 7-August 5, 2021
**No training July 5-9, 2021
- **Duration:** 8 weeks; 24 training sessions
- **Time:** 12-1:30 p.m.
- **Grades:** 7-12
- **Cost:** \$295
- **Registration Deadline:** Friday, May 28, 2021

SPEED CAMPS

This camp is for all athletes going into grades 7-12. Camp will focus on speed training and drills to assist in speed development. Sanford POWER specializes in designing programs that improve speed and acceleration performance by including specific training methods you might be missing in your current strength and conditioning program. This speed training program will work primarily on running technique, speed endurance, explosiveness and strength training that is congruent with the demands of speed development.

Session One

- **Days:** Tuesday and Thursday
- **Dates:** June 8-August 5, 2021
**No training July 5-9, 2021
- **Duration:** 8 weeks; 16 training sessions
- **Time:** 11 a.m.-12 p.m.
- **Grades:** 7-12
- **Cost:** \$190
- **Registration Deadline:** Friday, May 28, 2021

Session Two

- **Days:** Tuesday and Thursday
- **Dates:** June 8-August 5, 2021
**No training July 5-9, 2021
- **Duration:** 8 weeks; 16 training sessions
- **Time:** 1-2 p.m.
- **Grades:** 7-12
- **Cost:** \$190
- **Registration Deadline:** Friday, May 28, 2021

HOCKEY POWER TRAINING CAMPS

These camps are for all hockey athletes going to play at the level indicated. The camps focus on enhanced movement skills, mobility and flexibility, agility/quickness, speed and acceleration, power through the use of plyometrics and medicine ball training, and strength training methods.

Squirt/Peewee

- **Days:** Monday, Wednesday, and Thursday
- **Dates:** June 7-August 5, 2021
**No training July 5-9, 2021
- **Duration:** 8 weeks; 24 training sessions
- **Time:** 11 a.m.-12 p.m.
- **Level:** Going to play at the Squirt or Peewee level
- **Cost:** \$285
- **Registration Deadline:** Friday, May 28, 2021

Bantam/High School

- **Days:** Monday, Wednesday, and Thursday
- **Dates:** June 7-August 5, 2021
**No training July 5-9, 2021
- **Duration:** 8 weeks; 24 training sessions
- **Time:** 3:30-5 p.m.
- **Level:** Going to play at the Bantam or High School level
- **Cost:** \$295
- **Registration Deadline:** Friday, May 28, 2021

10U/12U

- **Days:** Monday, Wednesday, and Thursday
- **Dates:** June 7-August 5, 2021
**No training July 5-9, 2021
- **Duration:** 8 weeks; 24 training sessions
- **Time:** 12-1 p.m.
- **Level:** Going to play at the 10U or 12U level
- **Cost:** \$285
- **Registration Deadline:** Friday, May 28, 2021

14U/15U/High School

- **Days:** Monday, Tuesday, and Thursday
- **Dates:** June 7-August 5, 2021
**No training July 5-9, 2021
- **Duration:** 8 weeks; 24 training sessions
- **Time:** 12:30-2 p.m.
- **Level:** Going to play at the 14U, 15U, or High School level
- **Cost:** \$295
- **Registration Deadline:** Friday, May 28, 2021