

START.PERFORM.FINISH.

SANFORD POWER SUMMER PROGRAM

FOR HIGH SCHOOL ATHLETES IN BAGLEY



PROGRAMS & OBJECTIVES:

- Maximize your performance with help from Sanford POWER. During our summer program, you can improve your skills in sessions led by our athletic trainers.
- Our science-based programming incorporates sport-specific injury prevention and endurance exercises into each session. All athletes entering grades 7-12 in the Fall of 2021 are welcome to attend.

LOCATION:

- Bagley High School football field and weight room

SESSION DATES & TIMES:

- June 7 - August 11, 2021
- One-hour sessions every Monday and Wednesday
- Options include: 10 a.m., 11 a.m. or 12 p.m.

TRAINING STAFF:



Aryn Ball,
MS-ATC



Anders Lindstrom,
MA-ATC

REGISTRATION DEADLINE:

- Friday, June 4, 2021

Call (218) 333-4650 or visit sanfordpower.com for more information.

SANFORD POWER SUMMER PROGRAM

Please mail your registration and check to: Bagley High School, Attn: POWER, 1130 Main Ave. N, Bagley, MN 56621

Name: _____ Phone: _____ Age: _____ Sex: M F (Please Circle)

Address: _____ City: _____ State: _____ Zip: _____

Sessions:

One-hour sessions every Monday and Wednesday

Options include: 10 a.m. | 11 a.m. | 12 p.m. *(Circle Preference)*

T-shirt Size: S M L XL XXL XXXL *(Circle Preference)*

Registration

I hereby acknowledge that my participation in the Sanford POWER summer program will require physical exertion and calisthenics. I hereby waive/release Sanford Sports, Sanford POWER and Sanford Health, and their respective employees, agents or affiliates from any liability and/or any injuries which may occur while participating in said Sanford POWER summer program.

Athletes: Please place an "X" if you agree. []

Athlete's Signature: _____

Parent's or Guardian's Signature (if under 18): _____ Date: _____

Primary Phone: _____ Work Phone: _____ Email address: _____