

SPRING
SANFORD POWER
START. PERFORM. FINISH.



824-204-333 Rev. 12/21

2022
SPRING PROGRAMMING

POWER TRAINING & POWER BASKETBALL SKILLS CAMPS

These camps are for high school and middle school athletes looking to improve their basketball performance. The program will focus on nurturing your basketball skills and cultivating strength and power development. This is the perfect way to advance your basketball abilities.

High School Boys Session

- **Days:** Tuesday and Thursday
- **Dates:** April 5-May 26, 2022
- **Duration:** 8 weeks; 16-POWER training sessions and 16-POWER Basketball Academy skills sessions
- **Schedule:** POWER Training from 4-5 p.m. and POWER Basketball Academy skills training from 5-6 p.m.
- **Grades:** 9-11
- **Cost:** \$600
- **Registration Deadline:** Friday, March 25, 2022

High School Girls Session

- **Days:** Tuesday and Thursday
- **Dates:** April 5-May 26, 2022
- **Duration:** 8 weeks; 16-POWER training sessions and 16-POWER Basketball Academy skills sessions
- **Schedule:** POWER Basketball Academy skills training from 4-5 p.m. and POWER Training from 5-6 p.m.
- **Grades:** 9-11
- **Cost:** \$600
- **Registration Deadline:** Friday, March 25, 2022

Middle School Boys Session

- **Days:** Tuesday and Thursday
- **Dates:** April 5-May 26, 2022
- **Duration:** 8 weeks; 16-POWER training sessions and 16-POWER Basketball Academy skills sessions
- **Schedule:** POWER Training from 6-7 p.m. and POWER Basketball Academy skills training from 7-8 p.m.
- **Grades:** 6-8
- **Cost:** \$600
- **Registration Deadline:** Friday, March 25, 2022

Middle School Girls Session

- **Days:** Tuesday and Thursday
- **Dates:** April 5-May 26, 2022
- **Duration:** 8 weeks; 16-POWER training sessions and 16-POWER Basketball Academy skills sessions
- **Schedule:** POWER Basketball Academy skills training from 6-7 p.m. and POWER Training from 7-8 p.m.
- **Grades:** 6-8
- **Cost:** \$600
- **Registration Deadline:** Friday, March 25, 2022

SPRING BASEBALL & SOFTBALL POWER TRAINING CAMP

This camp is for baseball and softball athletes in grades 6-9. The camp is designed to improve fundamental performance components such as flexibility/mobility, acceleration, speed, agility, power by implementing plyometrics and medicine ball training, vertical and horizontal force development through strength and power training methods while reducing the likelihood for injuries to the overhead athlete.

- **Days:** Tuesday and Thursday
- **Dates:** March 8-April 14, 2022
- **Duration:** 6 weeks; 12 training sessions
- **Time:** 6-7:30 p.m.
- **Grades:** 6-9
- **Cost:** \$160.00
- **Registration Deadline:** Friday, February 25, 2022

Sanford POWER offers several programming options to help individuals of all ages cultivate their performance and be active all year round. We take appointments daily. Please call 701-234-8999 if you have questions or would like to schedule!

PERSONAL AND PARTNER TRAINING

Our Sanford POWER Certified Strength and Conditioning Specialists will design a personalized program based around your goals and abilities. We offer training sessions in 30, 60, 90, and/or 120-minute durations. Train by yourself, with a friend, or with a family member. Training at POWER will be motivating and challenging, yet in a fun and encouraging setting! All ages and experience levels are welcome!

SMALL GROUP TRAINING

Our small group training is perfect for individuals who want to work out in a group setting. These sessions are available in 60, 90, and 120-minute durations and can have up to 3 people. This training group could include yourself and a couple of friends or up to two other individuals training together at that same time. Our POWER Certified Strength and Conditioning Specialists will design and implement an individualized program based on your performance goals and provide direction and motivation throughout the session. All ages and experience levels are welcome!

LARGE GROUP/TEAM TRAINING

If you have a large group or team of 4+ individuals interested in setting up POWER training, please contact us to discuss pricing and scheduling. Sessions are available in 60, 90, and 120-minute durations. We will be more than happy to accommodate and work with your group!

ADULT OPTIONS

At Sanford POWER, we offer numerous options for our adult clients. For adults 18+, we offer several membership options: Day Passes, 12-visit Punch Cards, and Monthly Memberships. Adults can also schedule with any of our experienced Strength and Conditioning Specialists for personal, partner, or group training sessions. Our Adult Circuit Classes are included with the day pass, punch card, or membership purchases. We offer morning classes Monday through Friday from 5:30-6:30 AM and afternoon classes on Tuesdays and Thursdays from 12-1 PM. Please contact us if you have any questions or would like more information!

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 Sanford POWER's Return to Performance staff and your physical therapist. This program transitions an athlete from the 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 activities.

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. Sanford POWER is available to athletes of all ages, goals, and abilities.



Sanford POWER Center
2990 Seter Parkway, Fargo, ND 58104

(701) 234-8999
sanfordpower.com



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 _____

#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 Spring 2022. To register for one of our winter camps, please complete the attached registration form and mail it to Sanford POWER or drop it off at your earliest convenience.

HIGH SCHOOL POWER TRAINING CAMPS

These camps are for all high school athletes that are not in a spring sport, the off-season athlete. The focus is on improving flexibility/ mobility, linear and maximum speed, agility, power by using plyometrics (jump training) and medicine ball training, and vertical and horizontal force development through strength and power training techniques.

Session 1

- **Days:** Monday, Tuesday, and Thursday
- **Dates:** February 28-April 7, 2022
- **Duration:** 6 weeks; 18 training sessions
- **Time:** 4:30-6 p.m.
- **Grades:** 9-12
- **Cost:** \$230.00
- **Registration Deadline:** Friday, February 18, 2022

Session 2

- **Days:** Monday, Tuesday, and Thursday
- **Dates:** April 11-May 19, 2022
- **Duration:** 6 weeks; 18 training sessions
- **Time:** 4-5:30 p.m.
- **Grades:** 9-12
- **Cost:** \$230.00
- **Registration Deadline:** Friday, April 1, 2022

Session 3

- **Days:** Monday, Tuesday, and Thursday
- **Dates:** April 11-May 19, 2022
- **Duration:** 6 weeks; 18 training sessions
- **Time:** 4:30-6 p.m.
- **Grades:** 9-12
- **Cost:** \$230.00
- **Registration Deadline:** Friday, April 1, 2022

MIDDLE SCHOOL POWER TRAINING CAMPS

These camps are for all middle school athletes that are not in a spring sport. 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 1

- **Days:** Monday, Tuesday, and Thursday
- **Dates:** February 28-April 7, 2022
- **Duration:** 6 weeks; 18 training sessions
- **Time:** 5-6 p.m.
- **Grades:** 6-8
- **Cost:** \$220.00
- **Registration Deadline:** Friday, February 18, 2022

Session 2

- **Days:** Monday, Tuesday, and Thursday
- **Dates:** February 28-April 7, 2022
- **Duration:** 6 weeks; 18 training sessions
- **Time:** 6-7 p.m.
- **Grades:** 6-8
- **Cost:** \$220.00
- **Registration Deadline:** Friday, February 18, 2022

Session 3

- **Days:** Monday, Tuesday, and Thursday
- **Dates:** February 28-April 7, 2022
- **Duration:** 6 weeks; 18 training sessions
- **Time:** 7-8 p.m.
- **Grades:** 6-8
- **Cost:** \$220.00
- **Registration Deadline:** Friday, February 18, 2022

Session 4

- **Days:** Monday, Tuesday, and Thursday
- **Dates:** April 11-May 19, 2022
- **Duration:** 6 weeks; 18 training sessions
- **Time:** 5-6 p.m.
- **Grades:** 6-8
- **Cost:** \$220.00
- **Registration Deadline:** Friday, April 1, 2022

Session 5

- **Days:** Monday, Tuesday, and Thursday
- **Dates:** April 11-May 19, 2022
- **Duration:** 6 weeks; 18 training sessions
- **Time:** 6-7 p.m.
- **Grades:** 6-8
- **Cost:** \$220.00
- **Registration Deadline:** Friday, April 1, 2022

Session 6

- **Days:** Monday, Tuesday, and Thursday
- **Dates:** April 11-May 19, 2022
- **Duration:** 6 weeks; 18 training sessions

- **Time:** 7-8 p.m.
- **Grades:** 6-8
- **Cost:** \$220.00
- **Registration Deadline:** Friday, April 1, 2022

PRE-POWER TRAINING CAMPS

These camps are for athletes in grades 3-5. Our Pre-POWER program is designed to develop the athletic skills of young athletes through fundamental movement, 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 1

- **Days:** Monday and Wednesday
- **Dates:** February 28-April 6, 2022
- **Duration:** 6 weeks; 12 training sessions
- **Time:**
 - Week 1 (February 28-March 2) from 5-6 p.m.
 - Weeks 2-6 (March 7-April 6) from 6-7 p.m.
- **Grades:** 3-5
- **Cost:** \$150.00
- **Registration Deadline:** Friday, February 18, 2022

Session 2

- **Days:** Tuesday and Thursday
- **Dates:** March 1-April 7, 2022
- **Duration:** 6 weeks; 12 training sessions
- **Time:**
 - Week 1 (March 1-March 3) from 5-6 p.m.
 - Weeks 2-6 (March 8-April 7) from 6-7 p.m.
- **Grades:** 3-5
- **Cost:** \$150.00
- **Registration Deadline:** Friday, February 18, 2022

Session 3

- **Days:** Monday and Wednesday
- **Dates:** April 11-May 18, 2022
- **Duration:** 6 weeks; 12 training sessions
- **Time:** 6-7 p.m.
- **Grades:** 3-5
- **Cost:** \$150.00
- **Registration Deadline:** Friday, April 1, 2022

Session 4

- **Days:** Tuesday and Thursday
- **Dates:** April 12-May 19, 2022
- **Duration:** 6 weeks; 12 training sessions
- **Time:** 6-7 p.m.
- **Grades:** 3-5
- **Cost:** \$150.00
- **Registration Deadline:** Friday, April 1, 2022