

BISMARCK HIGH SCHOOL POWER PROGRAM SUMMER 2021

POWER
SANFORD
HEALTH

JUNE 7-AUG 5 (M-TH AT BHS)

All athletes must show up 15 minutes prior to session for warmups.

- 6 A.M. Male/Female - Summer School/Jobs
- 7 A.M. Female - Junior, Senior
- 8 A.M. Female - Freshman, Sophomore
- 9 A.M. Male - Freshman
- 10 A.M. Male - Sophomore - Senior
- 11 A.M. Male - Sophomore - Senior/Overflow

****No training July 5-8 (Fourth of July)**

Testing will be June 4 at BHS

- 8 A.M. Freshman
- 9 A.M. Sophomores
- 10 A.M. Juniors
- 11 A.M. Seniors



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/>



*If any athlete is unable to afford the \$125 program fee, there is scholarship funding available.

For details, please contact BHS Athletic Director Scott Nustad at (701) 323-4800 ext. 6143 (w) or (701) 527-2241 (c).