

**POWER SUMMER PROGRAM 2021**  
**START. PERFORM. FINISH.**

**CENTURY HIGH SCHOOL  
POWER PROGRAM SUMMER 2021**

**PRE-TESTINGS - JUNE 3 AT SANFORD POWER**

**POST-TESTINGS - AUGUST 4 AT SANFORD POWER**

Athletes will test during the time they are registered to train at.

**JUNE 7 - AUGUST 5 (M-TH AT CHS)**

All athletes must show up 10 min. prior to session for warm-ups.

6 a.m.	M-TH	Summer School/Overflow	10 a.m.	M-TH	Female - Freshman, Sophomore
7 a.m.	M & W	Male - Junior, Senior (Tue. & Thurs. will train at 8 a.m.)	11 a.m.	M-TH	Male/Female - Sophomore - Senior Overflow
8 a.m.	M & W	Female - Junior, Senior (Tue. & Thurs. will train at 7 a.m.)	12:30 p.m.	M-TH	Summer School/Overflow
9 a.m.	M-TH	Male - Freshman, Sophomore	1:30 p.m.	M-TH	Summer School/Overflow
			2:30 p.m.	M-TH	Summer School/Overflow

*\*\*No Training July 5-9 (Fourth of July)*

**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 athletes 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 Street, Bismarck ND 58503  
(701) 323-1125

Or, completed online at:  
<http://www.sanfordpower.com/resources/registerpay/>



**MAXIMIZE  
YOUR PERFORMANCE**