

POWER SUMMER PROGRAM 2022

START. PERFORM. FINISH.

CENTURY HIGH SCHOOL POWER PROGRAM SUMMER 2022

PRE-TESTINGS - JUNE 6 AT CENTURY HIGH SCHOOL

POST-TESTINGS - AUGUST 3 AT SANFORD POWER

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

JUNE 6 - AUGUST 4 (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	11 a.m.	M-TH	Male/Female - Sophomore - Senior Overflow
7 a.m.	M & W	Male - Junior, Senior (Tue. & Thurs. will train at 8 a.m.)	12:30 p.m.	M-TH	Summer School/Overflow
8 a.m.	M & W	Female - Junior, Senior (Tue. & Thurs. will train at 7 a.m.)	1:30 p.m.	M-TH	Summer School/Overflow
9 a.m.	M-TH	Male - Freshmen, Sophomore	2:30 p.m.	M-TH	Summer School/Overflow *Group subject to change based on enrollment
10 a.m.	M-TH	Female - Freshmen, Sophomore			

***No Training July 4-7 (Fourth of July)*

THERE ARE LIMITED 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 \$150 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.

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