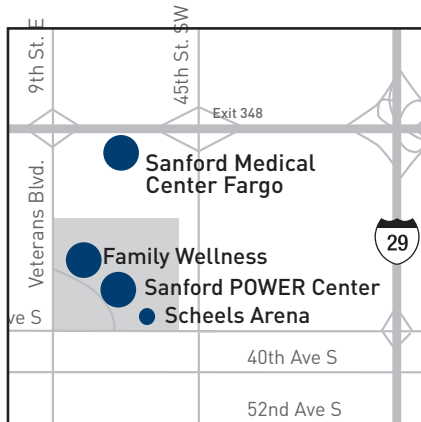


# POWER

SANFORD  
HEALTH

**START.PERFORM.FINISH.**  
#StartPerformFinish

**(701) 234-8999**  
**SANFORDPOWER.COM**



**Sanford POWER Center**  
**2990 Seter Parkway**  
**Fargo, ND 58104**

**POWER**  
SANFORD  
HEALTH



# BE A BETTER ATHLETE

**FALL 2017 BOYS' BASKETBALL  
POWER TRAINING CAMP**

**POWER**  
SANFORD  
HEALTH

## IMPROVE YOUR PERFORMANCE

Your goal to have a competitive basketball season is in sight. The off-season is no time to be taking it easy. Sanford POWER can help you reach your goals for this season by going beyond the basic fundamentals and focusing on power, strength, flexibility and speed/acceleration drills, while reducing the susceptibility to injury.

We are offering a fall POWER Boys' Basketball Camp that will lay the foundation for the competitive season.

Kendall Railing and Brett Beil have a proven track record of training basketball players. Both are Certified Strength and Conditioning Specialists. Their experience, combined with Sanford POWER's state-of-the-art facility offers a well-rounded program.

## CAMP TRAINING AND INSTRUCTION

- Performance Sanford SCORE Evaluation and Re-Evaluation
- Active/Dynamic Warm-up
- Technical Sprint Drills
- Acceleration and Speed Development
- Agility and Plyometric (Jump) Training
- Sport Specific Conditioning
- POWER T-Shirt
- Functional Strength & POWER Training

## CAMP BENEFITS

- Improved Athletic Performance Abilities
- Enhanced Mobility/Flexibility
- Increased Self-Confidence and Self-Image
- Decreased Risk of Sports Related Injuries
- Training concepts that can be used in the future

## BOYS' BASKETBALL TRAINING CAMP

- September 18-November 9 (8 weeks; 24 training sessions)
- Days: Monday, Tuesday and Thursday
- Time: 5-6:30 p.m.
- Ages: 12-19 years of age
- Cost: \$290.00

### Registration deadline: September 8, 2017

Payment can be made by check or credit card. Make check payable to: Sanford Health - POWER Center

## FOR MORE INFORMATION

Please contact Kendall Railing at (701) 234-7910 or email [kendall.railing@sanfordhealth.org](mailto:kendall.railing@sanfordhealth.org).

### **DISCLAIMER: NO MAKE-UP SESSIONS OR REFUNDS.**



## MAIL REGISTRATION

Sanford POWER  
Fall 2017 Boys' Basketball Training Camp  
Attn: Kendall Railing  
2990 Seter Pkwy., Fargo, ND 58104  
*Deadline for registration: September 8, 2017*  
*Disclaimer: no make up sessions or refunds*

## REGISTRATION FORM

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: \_\_\_\_\_  
\_\_\_\_\_

## 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