

POWER SUMMER PROGRAM 2021
START. PERFORM. FINISH.

**LEGACY HIGH SCHOOL
POWER PROGRAM SUMMER 2021**

PRE-TESTINGS - JUNE 2 AT LEGACY H.S.

6 a.m. Seniors	10 a.m. Sophomores
8 a.m. Juniors	12 p.m. Freshmen

JUNE 7 - AUGUST 6 AT LHS

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

6 a.m. Male - Junior, Senior Male - Freshmen, Sophomore Summer School	8 a.m. Male - Junior, Senior Male - Freshmen, Sophomore
7 a.m. Female - Junior, Senior Female - Freshmen, Sophomore	9 a.m. Female - Junior, Senior Female - Freshmen, Sophomore
	10 a.m. Overflow Group

***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**