

LINCOLN HIGH SCHOOL

Sanford **POWER** / Summer 2021

Sanford **POWER** is the regional leader in designing individualized programs for athlete development, sport performance training and injury prevention. Since 1999 we have provided the most comprehensive holistic programming for athletes of all ages and skill levels. We integrate the latest in technology and scientific research combined with expert coaching to improve mobility, strength, speed, agility and explosive power. Our Certified Strength & Conditioning Specialists have over ninety (90) years of combined coaching experience. Along with our orthopedic physicians, PT's, ATC's, Sports Nutritionist and the Sanford Sports Science Institute (SSSI), we offer the most integrated and comprehensive sports performance programming available. This includes:

- SCORE Athlete Assessment pre/post testing (June 2 / July 28) *see separate schedule.
- Customized Sports Performance Programming
- Sports Nutrition Education team presentations available (*additional fee*)
- Access to Sanford Sports Science Institute (SSSI) Services: (*additional fee*)

Details:

- WHO:** Provided to current Sioux Falls Lincoln **High School** (entering grades 9-12)
- WHEN:** June 7 – July 30 2021. Pre-testing at the Sanford Fieldhouse on Wednesday, June 2nd
***(see separate team/group time schedule attached)**
- WHERE:** Training sessions to take place at Sioux Falls Lincoln High School
- FEE:** Fee of \$160/athlete (price includes tax) / No make-ups or pro-rated amounts
**For scholarship information please contact Joey Struwe @ Joey.Struwe@k12.sd.us*

Register and pay at: www.sanfordpower.com

- *go to yellow "**REGISTER**" tab and select "SIOUX FALLS"
- *Enter your username and password / or create a new account
- *Select "Program Registration" to choose the desired option

Lincoln High School Summer Schedule 2021

JUNE

S	M	T	W	T	F	S
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3

Start Date	Pre-Testing	OFF/Deadweek
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JUNE WEEKLY SCHEDULE

LHS	LHS	Fieldhouse	LHS	Fieldhouse
MON	TUES	WED	THURS	FRI
6:30-8:30 So/JR/Sr Football	6:30-8:30 So/JR/Sr Football	6:30-8:30 Soph, Jr, Sr Football	6:30-8:30 So/JR/Sr Football	7:00 - 9:00 Soph/JR/Sr Football
8:30-9:30 VolleyBall	8:30-9:30 Soccer	8:30 - 9:30 Volleyball	8:30-9:30 Soccer	
9:30-10:30 Soccer	9:30-10:30 Volleyball	9:30-10:30 Soccer	9:30-10:30 Volleyball	
10:30-11:00 (OFF)	10:30-11:00 (OFF)	10:30-11:00 (OFF)	10:30-11:00 (OFF)	
11:00-12:00 Basketball	11:00-12:00 Basketball	12:00-1:00 Freshman Football	11:00-12:00 Basketball	
12:00-1:00 Freshman Football	12:00-1:00 Freshman Football	1:00-2:00 (Open Time)	12:00-1:00 Freshman Football	
1:00-2:00(Over flow boys soccer and boys basketball and extras)	1:00-2:00(Over flow boys soccer and boys basketball and extras)		1:00-2:00(Over flow boys soccer and boys basketball and extras)	

JULY

S	M	T	W	T	F	S
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

End Date	Post-Testing	OFF/Deadweek
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JULY WEEKLY SCHEDULE

LHS	LHS	Fieldhouse	LHS	Fieldhouse
MON	TUES	WED	THURS	FRI
6:30-8:30 So/JR/Sr Football	6:30-8:30 So/JR/Sr Football	6:30-8:30 Soph, Jr, Sr Football	6:30-8:30 So/JR/Sr Football	7:00 - 9:00 Soph/JR/Sr Football
8:30-9:30 Soccer	8:30-9:30 Soccer	8:30 - 9:30 Soccer	8:30-9:30 Soccer	
9:30-10:30 Volleyball	9:30-10:30 Volleyball	9:30-10:30 VolleyBall	9:30-10:30 Volleyball	
10:30-11:00 (OFF)	10:30-11:00 (OFF)	10:30-11:00 (OFF)	10:30-11:00 (OFF)	
11:00-12:00 Basketball	11:00-12:00 Basketball	12:00-1:00 Freshman Football	11:00-12:00 Basketball	
12:00-1:00 Freshman Football	12:00-1:00 Freshman Football	1:00-2:00 (Open Time)	12:00-1:00 Freshman Football	
1:00-2:00(Over flow boys soccer and boys basketball and extras)	1:00-2:00(Over flow boys soccer and boys basketball and extras)		1:00-2:00(Over flow boys soccer and boys basketball and extras)	

SCORE TESTING - JUNE 2nd & July 28th ONLY @ Fieldhouse

Wednesday (JUNE AND JULY TESTING SCHEDULE)

7:00-8:30 Jr & Sr Football

8:30-10:30 Freshmen & Soph Football

10:30-12:00 Girls Soccer, Girls VolleyBall, Girls Basketball

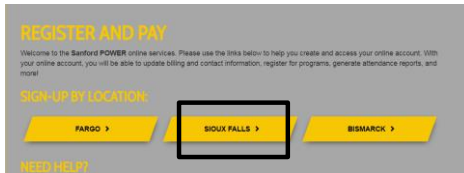
12:00-1:30 BBB, Boys Soccer, Extras

POWER Online Registration

- www.sanfordpower.com
- Click on Register and Sign Up



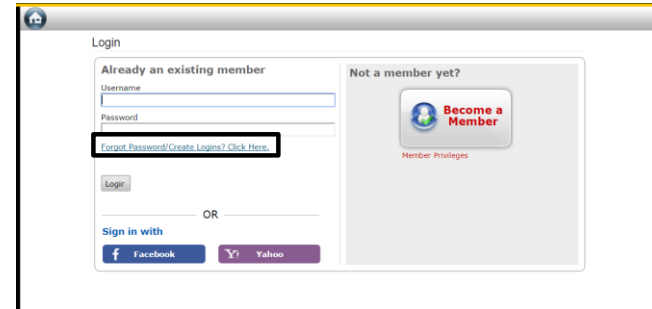
- Click on Sioux Falls



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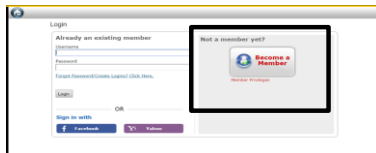
Existing Participants

- Login in with your username and password
- If unknown please click on Forgot Password/Create Logins
 - An email with your username and reset password will be sent to the email address we have on file



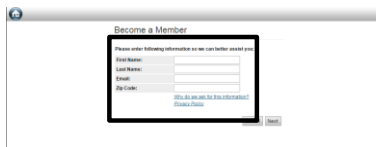
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NEW PARTICIPANTS



- Click on "Become a Member"

*NOTE: If you have a child that is already a member – please use their login information and add a sub-member**

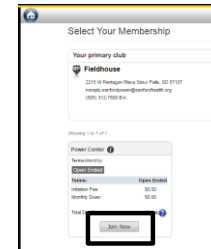


- Enter in **PARTICIPANTS** information (can be parents email)
- You may get a warning regarding your zip code – to proceed just click the zip code that applies to you

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NEW PARTICIPANTS

Step 1 of 3



- Click Join Now
- Note: This is NOT a membership (You will not be billed)

Step 2 of 3

- Enter Account Information
- Use Add a sub-member to add siblings if going to participate
- Create your Username and Password

Step 3 of 3

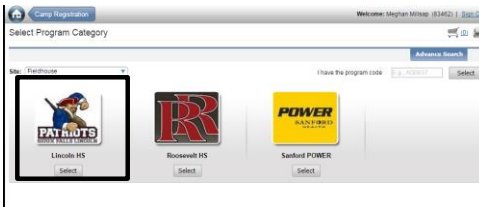
- Please enter Credit Card/Bank Account information
- *You will NOT be charged each month*

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Registration



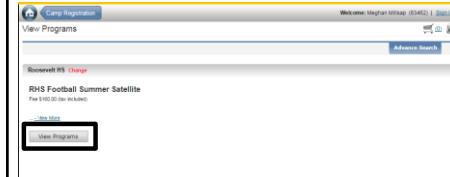
- Select Camp Registration



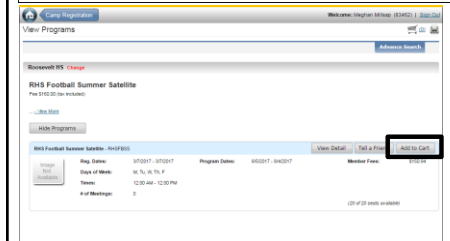
- Select your school

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Registration Cont.



- Select appropriate Summer Satellite program
- Click View Programs



- Click Add to Cart

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Registration Cont.

Item Name	Participant Name	Item Description	Quantity	Price	Action
RHS Football Summer Sat.	Meghan Mithug		1	\$150.00	Remove / Link
		Cash Received		\$150.00	
		Tax		\$0.00	
		Total Payment Due		\$150.00	

- Enter in all payment information
- Click Submit Payment
- You will receive a confirmation email - If you do not receive a confirmation email please call the Front Desk

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Contact Information

Please contact the Front Desk with questions or concerns

Hours: Monday – Friday
7:00am – 7:00pm

Phone: 605-312-7800

Email: PowerFrontDesk@SanfordHealth.org

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