

LINCOLN HIGH SCHOOL

Sanford **POWER** Summer 2017

Sanford **POWER**:

Sanford **POWER** is the regional leader in designing individualized programs for athlete development, sport performance training and injury prevention. For over 18 years we have provided the most comprehensive programming for athletes of all ages and skill levels. Our Certified Strength & Conditioning Specialists have over eighty (80) 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 5 / July 31) *see separate schedule
- Customized Sports Performance programming
- Emphasis on strength, speed, power, agility and injury reduction exercises
- Sports Nutrition Education team presentations
- Athlete biomechanical functional movement assessment (SCORE^{PRO}) *(additional fee)*
- Return to Performance programming (RTP) for injured athletes *(additional fee)*
- On site PT/ATC staff (Fieldhouse)
- Access to Sanford Sports Science Institute (SSSI) Services:
(Hydration/Sweat Loss Testing, Concussion Research, Body Composition Testing / *additional fees would apply*).

Details:

- Provided to current Lincoln High School Athletes (entering grades 9-12)
- Training sessions to take place at the Sanford Sports Complex, in the 85,000 sq ft Sanford Fieldhouse. 2215 W. Pentagon Place **OR** Lincoln High School (see attached schedule)
- Fee of \$160/athlete (price includes tax) for POWER Summer Program
*Additional children in a family are discounted to \$120. Please call our front desk to register them.

POWER Summer 2017 Program:

- M/T/TH @ Lincoln HS
- W/F @ Sanford Fieldhouse
- June 5-August 4, 2017. (**No sessions July 3-7**)
- 60 minute sessions / No make-ups / No prorated amounts
- Full payment (\$160) due by June 2nd
- Register at www.sanfordpower.com (follow attached instructions)

*For more information please call **POWER** at (605) 312-7800.

Lincoln High School Summer Schedule 2017

JUNE	S	M	T	W	T	F	S
	28	29	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
Start Date		Pre-Testing					

JULY	S	M	T	W	T	F	S
	25	26	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	1	2	3	4	5	
End Date		Post-Testing		OFF/Deadweek			

WEEKLY SCHEDULE				
LHS	LHS	Fieldhouse	LHS	Fieldhouse
MON	TUES	WED	THURS	FRI
6:00 - 7:00 Volleyball	6:00 - 7:00 Volleyball	6:00 - 8:00	6:00 - 7:00 Volleyball	6:00 - 7:00 Open
7:00 - 8:00 G/B Soccer/Other	7:00 - 8:00 G/B Soccer/Other	Volleyball/GBB	7:00 - 8:00 G/B Soccer/Other	7:00 - 8:00 G/B Soccer/Other
8:00 - 9:00 Freshman FB	8:00 - 9:00 Freshman FB	8:00 - 10:00	8:00 - 9:00 Freshman FB	8:00 - 10:00
9:00 - 10:00 So/Jr/Sr FB	9:00 - 10:00 So/Jr/Sr FB	Football	9:00 - 10:00 So/Jr/Sr FB	Football
10:00 - 11:00 GBB	10:00 - 11:00 GBB	10:00 - 11:00 Open	10:00 - 11:00 GBB	10:00 - 11:00 Open
11:00 - 12:00 BBB	11:00 - 12:00 BBB	11:00 - 12:00 Open	11:00 - 12:00 BBB	11:00 - 12:00 BBB
12:00 - 1:00 Cheer/Dance/Gymn	12:00 - 1:00 Cheer/Dance/Gymn	12:00 - 1:00 Open	12:00 - 1:00 Cheer/Dance/Gymn	12:00 - 1:00 Cheer/Dance/Gymn

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SCORE TESTING - JUNE 7th & AUGUST 2nd ONLY @ Fieldhouse

Wednesday

6:00-8:00 - Volleyball

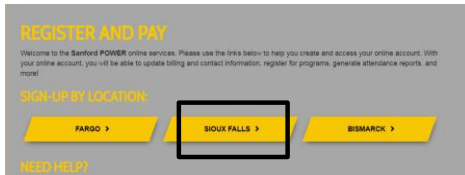
8:00-10:00 - Football

10:00-12:00 Soccer, Cheer/Dance/Gymn, Other

12:00-2:00 BBB/GBB, Other

POWER Online Registration

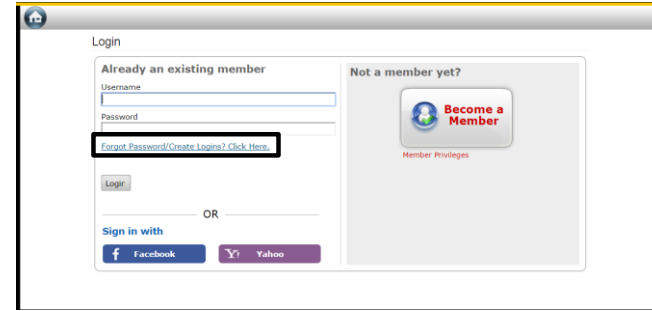
- www.sanfordpower.com
- Click on Register and Sign Up
- Click on Sioux Falls



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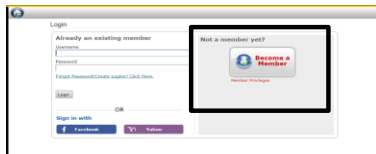
Existing Participants

- 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



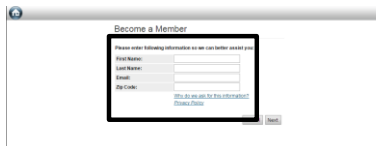
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NEW PARTICIPANTS



- 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**

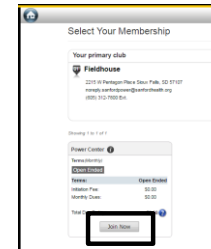


- Enter in **PARTICIPANTS** information (can be parents email)
- You may get a warning regarding your zip code – to proceed just click the zip code that applies to you

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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

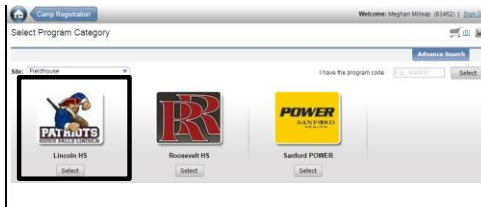
- Please enter Credit Card/Bank Account information
- *You will NOT be charged each month*

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Registration



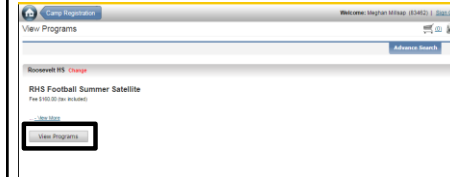
- Select Camp Registration



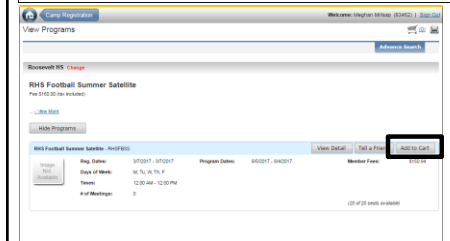
- Select your school

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Registration Cont.



- Select appropriate Summer Satellite program
- Click View Programs



- Click Add to Cart

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Registration Cont.

- 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 Meghan or Sara with questions or concerns

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

Phone: 605-312-7800

Email: PowerFrontDesk@SanfordHealth.org

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