



# POWER COMBINE

Athletes from ages 11 and up are welcome to find out how they stack up against the competition. The POWER Combine will measure athletes in 15 different tests. The POWER Center is a National Strength and Conditioning Association athletic test site allowing us to evaluate and compare test results according to a National Athletic Index.

**November 21, 2009 • Cost: \$25 per athlete + tax (\$26.75)  
10 – 11:30 a.m.**



### Tests:

- |                    |                       |
|--------------------|-----------------------|
| Height             | 10 yd. Sprint (elec.) |
| Weight             | 20 yd. Sprint (elec.) |
| Reach Height       | 40 yd. Sprint (elec.) |
| Body Composition   | L-Drill (3 cone)      |
| Vertical Jump      | Pro Agility (elec.)   |
| Max Vertical Jump  | Bench Press Max       |
| Medicine Ball Toss | 60 yd. Shuttle        |
| Broad Jump         |                       |

Teams with nine or more players may sign up for alternate day by making an appointment. Call the POWER Center at (605) 328-1660 for more information.

**Future Combines will be held to measure your progression.**

### Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email Address: \_\_\_\_\_

Sports Participate In: \_\_\_\_\_

If you are under 18 years of age, go to [www.sanfordpowercenter.org](http://www.sanfordpowercenter.org) to download a Health Questionnaire and Consent form. Please turn these in with registration.

Please share my results with high school/college coaches.

List Schools: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Parents Signature if under 18 \_\_\_\_\_ Authorizing results to be posted online.

**Mail to:** Sanford POWER Center, 6320 S. Cliff Ave., Sioux Falls, SD 57108 **Deadline:** Wednesday, November 18, 2009