

START.PERFORM.FINISH.

BEMIDJI SUMMER PROGRAM

FOR ATHLETES ENTERING 6TH GRADE AND HIGHER IN FALL OF 2017



PROGRAMS & OBJECTIVES:

- POWER - Speed, Agility, Strength & Plyometrics
- High School Treadmill Speed Training
- Sport specific injury prevention exercises incorporated into daily sessions, including endurance & women's only sessions

PROGRAM LOCATION:

Bemidji High School

TRAINING STAFF:

Jon Laakso, MS-ATC
Sanford/BHS
Athletic Trainer

Bryan Stoffel
BHS Strength Coach

Aryn Deshane, MS-ATC
Sanford/BHS
Athletic Trainer

Steve Thompson
BHS Strength Coach

Kyle McMartin
BHS Strength Coach

Alexandria Sand, MS-ATC
Sanford/BHS
Athletic Trainer

Sanford POWER Staff

SESSION DATES & TIMES:

2 locations

- High school athletes (entering grades 9-12, fall 2017)
 - June 6-August 10 (July 3-6 no program)
 - Monday-Thursday
 - POWER: Hourly sessions start 7 a.m., 8 a.m., 9 a.m., 10 a.m., 11 a.m., Noon or 5 p.m. (Sessions last 90 min.)
 - Treadmill Speed Training: Tuesday & Thursday (schedules determined after enrollment)
- Middle school athletes (entering grades 6-8, fall 2017)
 - June 13-August 8 (July 3-6 no program)
 - Tuesday & Thursday
 - POWER: 10-11:15 a.m.

REGISTRATION DEADLINE:

June 8, 2017

Please Note: There will be no refunds after June 8.

REGISTRATION FEES:

- High School POWER - \$95
- High School Treadmill Speed Training - \$30
- Middle School POWER - \$75

For more information, call the Bemidji High School Activities Office (218) 444-1600 ext. 3315.

2017 BEMIDJI POWER TRAINING

Registration forms are available at sanfordhealth.org/bemidji. Please bring your registration to the BHS Athletic Department Office or mail to: BHS Athletic Department, Attn: Sheila, 502 Minn. Ave., Bemidji, MN 56601

Name: _____ Phone: _____ Age: _____ Sex: M F (Please Circle)

Address: _____ City: _____ State: _____ Zip: _____

Session Time:

High School POWER is offered Monday-Thursday during the below time slots. Circle preferred time.

7 a.m. 8 a.m. female only 9 a.m. 10 a.m. 11 a.m. Noon endurance athletes 5 p.m.

Middle School POWER is only offered during the below time. Circle for middle school athlete.

Tuesday & Thursday 10-11:15 a.m. (June 13-August 8)

T-Shirt Size: S M L XL XXL (Please Circle)

Registration Fees: Middle School-\$75 • HS POWER-\$95 • HS Treadmill Speed Training-\$30

(checks payable to: BHS Activities)

I hereby acknowledge and understand that my participation in the Sanford Summer POWER program will require physical exertion and calisthenics. I hereby waive/release Sanford Sports, Sanford POWER and Sanford Health, and their respective employees, agents or affiliates from any liability and/or any injuries which may occur while participating in said "Sanford Summer POWER program."

I Agree

Parent's or Guardian's Signature (if under 18): _____ Date: _____

Home Phone: _____ Work Phone: _____ Parent/Guardian email address: _____

Athlete's Signature: _____