

## SIoux FALLS CHRISTIAN

### Sanford **POWER** / Summer 2022

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:

- Customized Sports Performance Programming
- Sports Nutrition Education team presentations available (*additional fee*)
- Access to Sanford Sports Science Institute (SSSI) Services: (*additional fee*)

### Details:

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**WHO:** Provided to current Sioux Falls Christian athletes (entering grades 7-12)

**WHEN:** **\*Registration will begin on March 1<sup>st</sup>**  
**Pre-Testing – June 1<sup>st</sup> and 2<sup>nd</sup> at Sioux Falls Christian High School**  
June 6 – July 29, 2022. **\*(No sessions July 1-7)**  
**Please Try to Register prior to May 27<sup>th</sup>**  
**\*Minimum Group Size of 8 Athletes – Schedule is Subject to Change**

**WHERE:** Training sessions to take place at Sioux Falls Christian High School

**FEE:** Fee of \$160/athlete (price includes tax) / No make-ups or pro-rated amounts  
\*Discount available for families with two or more participants

Register and pay at: [www.sanfordpower.com](http://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

**If you have any questions please contact **POWER** at (605) 312-7800**

| June                                   |   |  |   |   |    |    |
|--|---|--|---|---|----|----|
| S                                      | M   | T                                      | W   | Th  | F  | S  |
|  |   |  | 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  |    |    |
| Pre-Testing - SFC HS                   |   | Programming Start Date                 |   | No Power  |    |    |
| Weekly Schedule                        |   |  |   |   |    |    |
| Monday                                 | Tuesday                                     | Wednesday                              | Thursday                                    | Friday  |    |    |
| 6:30-7:45<br>Football<br>(Freshman)    | 7:00-8:15<br>Volleyball<br>Girls Basketball | 6:30-7:45<br>Football<br>(Freshman)    | 7:00-8:15<br>Volleyball<br>Girls Basketball | 6:30-7:45<br>Football<br>(Freshman)                 |    |    |
| 7:45-9:00<br>Football<br>(Soph-Senior) | 8:15-9:15<br>XC<br>Track #1                 | 7:45-9:00<br>Football<br>(Soph-Senior) | 8:15-9:15<br>XC/Track #1                    | 7:45-9:00<br>Football<br>(Soph-Senior)              |    |    |
| 9:00-10:15<br>Girls Soccer             | 9:15-10:15<br>XC<br>Track #2                | 9:00-10:15<br>Girls Soccer             | 9:15-10:15<br>XC/Track #2                   | 9:00-10:15<br>Volleyball<br>Girls Basketball (Turf) |    |    |
| 10:15-11:30<br>Open                    | 10:15-11:30<br>Boys Soccer                  | 10:15-11:30<br>Boys Soccer<br>(Turf)   | 10:15-11:30<br>Boys Soccer                  | 10:15-11:30<br>Girls Soccer (Turf)                  |    |    |
| 11:30-12:45<br>Off-Season<br>Boys      | 11:30-12:45<br>Off-Season<br>Girls          | 11:30-12:45<br>Off-Season Boys         | 11:30-12:45<br>Off-Season Girls             | 11:30-12:45<br>Off-Season<br>Boys and Girls (Turf)  |    |    |
| 12:45-1:45<br>Middle School #1         | 12:45-1:45<br>Overflow                      | 12:45-1:45<br>Middle School #1         | 12:45-1:45<br>Overflow                      | 12:45-1:45<br>Middle School #1<br>(Turf Day)        |    |    |
| 1:45-2:45<br>Middle School #2          |   | 1:45-2:45<br>Middle School #2          |   | 1:45-2:45<br>Middle School #2<br>(Turf Day)         |    |    |

| July                                   |   |  |   |   |    |    |
|--|---|--|---|---|----|----|
| S                                      | M   | T                                      | W   | Th  | F  | S  |
|  |   |  |   |   | 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 |
| Post-Testing - SFC HS                  |   | End Date + Post-Testing                |   | No Power - Moratorium                               |    |    |
| Weekly Schedule                        |   |  |   |   |    |    |
| Monday                                 | Tuesday                                     | Wednesday                              | Thursday                                    | Friday  |    |    |
| 6:30-7:45<br>Football<br>(Freshman)    | 7:00-8:15<br>Volleyball<br>Girls Basketball | 6:30-7:45<br>Football<br>(Freshman)    | 7:00-8:15<br>Volleyball<br>Girls Basketball | 6:30-7:45<br>Football<br>(Freshman)                 |    |    |
| 7:45-9:00<br>Football<br>(Soph-Senior) | 8:15-9:15<br>XC<br>Track #1                 | 7:45-9:00<br>Football<br>(Soph-Senior) | 8:15-9:15<br>XC/Track #1                    | 7:45-9:00<br>Football<br>(Soph-Senior)              |    |    |
| 9:00-10:15<br>Girls Soccer             | 9:15-10:15<br>XC<br>Track #2                | 9:00-10:15<br>Girls Soccer             | 9:15-10:15<br>XC/Track #2                   | 9:00-10:15<br>Volleyball<br>Girls Basketball (Turf) |    |    |
| 10:15-11:30<br>Open                    | 10:15-11:30<br>Boys Soccer                  | 10:15-11:30<br>Boys Soccer<br>(Turf)   | 10:15-11:30<br>Boys Soccer                  | 10:15-11:30<br>Girls Soccer (Turf)                  |    |    |
| 11:30-12:45<br>Off-Season<br>Boys      | 11:30-12:45<br>Off-Season<br>Girls          | 11:30-12:45<br>Off-Season Boys         | 11:30-12:45<br>Off-Season Girls             | 11:30-12:45<br>Off-Season<br>Boys and Girls (Turf)  |    |    |
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| 1:45-2:45<br>Middle School #2          |   | 1:45-2:45<br>Middle School #2          |   | 1:45-2:45<br>Middle School #2<br>(Turf Day)         |    |    |

| Pre-Testing - June 1st and 2nd |  |   |
|--------------------------------|--|---|
| Tests                          | Wednesday June 1st                     | Thursday June 2nd                           |
| Height                         | 6:30-7:45<br>Football<br>(Freshman)    | 7:00-8:15<br>Volleyball<br>Girls Basketball |
| Weight                         | 7:45-9:00<br>Football<br>(Soph-Senior) | 8:15-9:15<br>XC<br>Track                    |
| Vertical Jump                  | 9:00-10:15<br>Girls Soccer             | 9:15-10:15<br>Off-Season Girls              |
| Broad Jump                     | 10:15-11:30<br>Boys Soccer             | 10:15-11:30<br>Overflow                     |
| 20 Yard Dash                   | 11:30-12:45<br>Off-Season<br>Boys      | 11:30-12:45<br>Open                         |
| Pro-Agility - 5-10-5           |  | 12:45-1:45<br>Open                          |

| Post-Testing - July 28th and 29th |   |  |
|-----------------------------------|---|--|
| Tests                             | Thursday July 28th                          | Friday July 29th                       |
| Height                            | 7:00-8:15<br>Volleyball<br>Girls Basketball | 6:30-7:45<br>Football<br>(Freshman)    |
| Weight                            | 8:15-9:15<br>XC<br>Track                    | 7:45-9:00<br>Football<br>(Soph-Senior) |
| Vertical Jump                     | 9:15-10:15<br>Open                          | 9:00-10:15<br>Girls Soccer             |
| Broad Jump                        | 10:15-11:30<br>Boys Soccer                  | 10:15-11:30<br>Open                    |
| 20 Yard Dash                      | 11:30-12:45<br>Off-Season<br>Girls          | 11:30-12:45<br>Off-Season<br>Boys      |
| Pro-Agility - 5-10-5              | 12:45-1:45<br>Overflow                      |  |

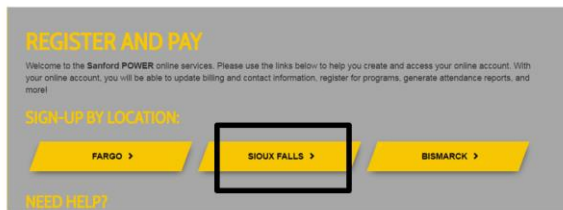
| Off Season Team Lists |                  |  |
|-----------------------|------------------|--|
| Boys Off-Season       | Girls Off-Season | Overflow Group                           |
| Basketball            | Cheerleading     | Anyone that can't find a time that works |
| Baseball              | Girls Golf       |  |
| Boys Golf             | Girls Tennis     |  |
| Bowling               |                  |  |
| Boys Tennis           |                  |  |

# POWER Online Registration

- [www.sanfordpower.com](http://www.sanfordpower.com)
- Click on Register and Sign Up



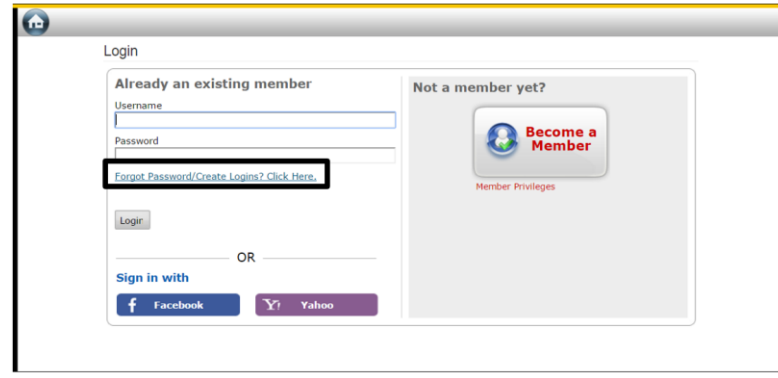
- Click on Sioux Falls



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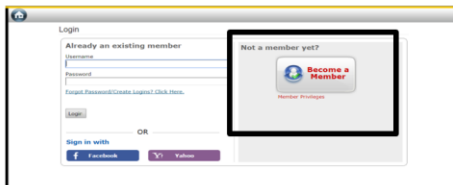
# Existing Participants

- 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



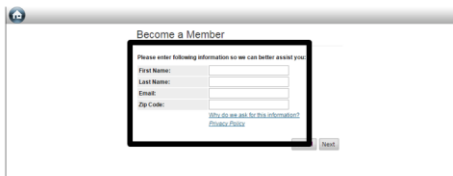
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# NEW PARTICIPANTS



- 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\*\*

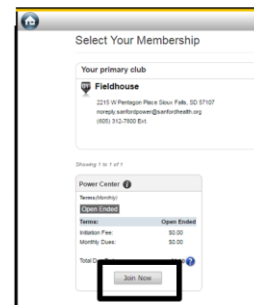


- Enter in **PARTICIPANTS** information (can be parents email)
- You may get a warning regarding your zip code – to proceed just click the zip code that applies to you

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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

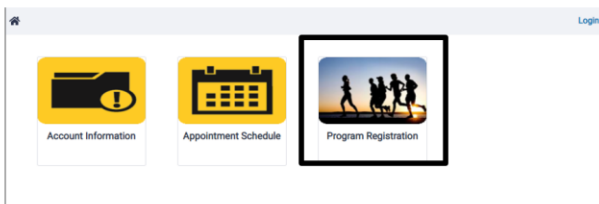
- Enter Account Information
- Use Add a sub-member to add siblings if going to participate
- Create your Username and Password

## Step 3 of 3

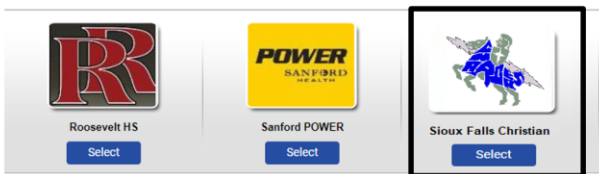
- Click Next
- \*You will not be billed each month\*
- Click Proceed to Home

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## Registration



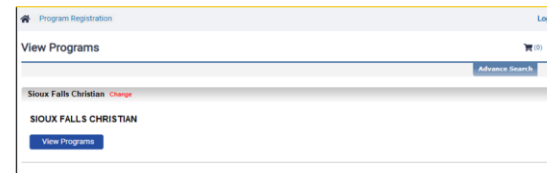
- Select Program Registration



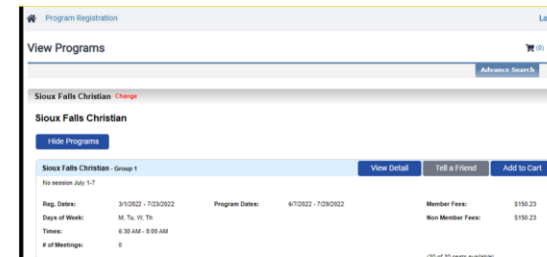
- Select your school

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## Registration Cont.



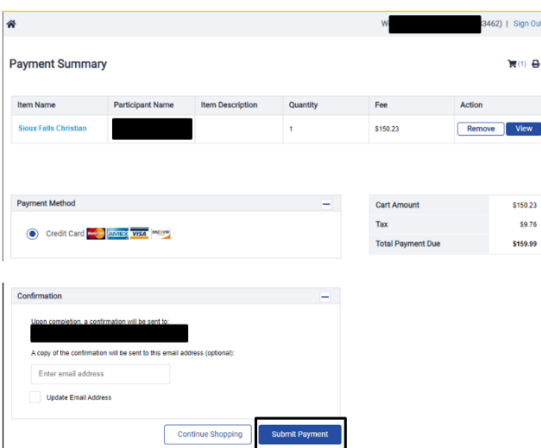
- Select appropriate Summer Satellite program
- Click View Programs



- Click Add to Cart

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## Registration Cont.



- Enter in Billing 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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