



May 27, 2021

Hello Hockey Families,

We are thrilled to share with you the following information on the Sanford POWER program that will be available to our boys beginning in June. This optional program will be a fantastic time for the boys to grow together off the ice as well as on.

Below is the link for the Sanford POWER year round sign up. If you are interested, please follow this link and fill in the information and then send a check for payment when your son arrives the first week. The cost for **year round** training is \$250 per skater.

For the POWER strength & conditioning times, there are 3 scheduled times per week for the boys. They are able to come a 4th time to any of the “open” sessions. They may also sub in an “open” session if needed to make up the team session.

If there is enough demand for an afternoon session or kids attending the “Open” sessions, it's possible that they can look at dedicating a different time slot for team training in the afternoons.

Sign up link:

<https://www.surveymonkey.com/r/S2K2P37>

POWER Session information:

Summer: 4 times per week

Boys: Monday/Tuesday/Thursday at 7am

Fall/Spring: 2 times per week (could come more if desired)

Time TBD but likely after school

Winter: 1 time per week plus time in the facility for game days

This includes time in the facility for game days!! (How awesome is that?!)

There will, at some point, be on ice training as well, but those sessions are not scheduled yet as they are working around our current ice schedule.

If you have any questions, we will do our best to answer them, but this is new to us, so your patience is appreciated. We are excited for this opportunity for the hockey community in Bemidji!

See you at the rink,

Ericka P (556-4599) & Cathy L (760-3094)