



## 2019 Harrisburg Athletic Summer Camps



1. Click on link <https://forms.gle/zv1uSFUUbviQ5Nqg8>
2. Fill out the entire Google Form
3. You need to fill out the form separately for each kid.
4. **All payments are due at the first day of each camp**
5. All forms must be submitted by the due date to receive camp apparel.

Sport	Level	Date	Time	Cost	Location	Payment Info	Reg. Due
<b>MS Champions Program</b>	NMS	June 3rd - July 25th		\$125	NMS	Harrisburg Champions Program	May 17
	SMS	June 3rd - July 25th		\$125	HS	Harrisburg Champions Program	
	<b>High School Champions Program</b>						
	See Attached Flyer.						
	<b>Middle School Champions Program</b>						
	strength/conditioning program designed to teach the fundamentals of lifting, proper running mechanics, and build the base to become an explosive athlete <b>July 1st - 4th</b> <span style="float: right;"><b>no workouts</b></span>						
	NMS	Pre-Test June 3rd	Post Test July 24th	<b>M &amp; W</b>	3 time slots 7:30-9:00am 8:30 - 10:00am or 9:30 - 11:00am		
	SMS @ HS	Pre-Test June 4th	Post Test July 25th	<b>T &amp; Th</b>	2 Time Slots 7:30-9:00am 8:30 - 10:00am		
<b>Boys Basketball</b>	HS	Month of June/July	Check Notes		HS/SMS	Information will be handed out by Langerock	TBD
	MS 3/3 League, 7th/8th	June 12-13-19-20-26-27	11:00-12:30	\$50	High School	1st day of league.	Date of camp
	3rd-4th	October: ToBeDetermined	Evenings/after school	\$40	High School	Info shared in the fall, 2 day camps at the High School	Date of camp
	5th-6th	October: ToBeDetermined	Evenings/after school	\$40	High School	Info shared in the fall, 2 day camps at the High School	Date of camp
	K-2 camp	October: ToBeDetermined	After school	\$20	Site Elementary	Info shared in the fall, 1 day camps at each building	Day of camp
Email Scott.Langerock@k12.sd.us with any questions							
<b>Boys Soccer</b>	HS & MS (3v3)	July 10-12	11am-1pm	\$35	High School	Checks to: Harrisburg Boys Soccer	May 17
	K-6th	July 10-12	9am-11am	\$40	High School	Checks to: Harrisburg Boys Soccer	
	Email amberbriden@gmail.com with any questions						
<b>Cheer/Dance</b>	Youth: K-5th	September 14	9am-10:30am	\$35	HHS	checks to: Tiger Nation	September 6
	HS: Stunt Camp	June 4-7	11am-1pm	\$20	Dakota Spirit	checks to: HHS Cheer	NA
	HS: Choreography	July 9-11	9am-noon	-	Dakota Spirit	-	-
	K-2 Dance Camp	June 13th	9:00am - 12:00pm	\$30	NMS	Checks to: Harrisburg Dance	May 17
	3-5 Dance Cm	June 13th	1:00pm - 4:00pm	\$30	NMS	Checks to: Harrisburg Dance	May 17
Cheer email Eve.Langerock@k12.sd.us with any questions							
Dance email Melissa.Fikse@k12.sd.us with any questions							
<b>Football</b>	All HS	Tuesdays and Thursdays June 4th thru July 30th	5:30pm - 7:30pm	\$60	HS	Checks to Harrisburg Football	May 17
	MS	July 29th-30th	10:30am - 12:00pm	\$50	HS turf		
	Elem	September 13th	Evening before Tiger bowl			HS Turf	Tiger Nation
Please bring football cleats and wear athletic appropriate clothing. Questions Email Brandon.White@k12.sd.us							
<b>Girl's Basketball</b>	MS 3 on 3 league	July 8,9,15,16,22,23,29,30	1-3pm	\$25	Liberty	Checks can be turned in first day of league	May 17
	3rd-4th	May 30, 31	8-10	\$40	SMS	Checks payable to Harrisburg Girls Basketball	
	5th-6th	May 30, 31	10-12	\$40	SMS	Checks payable to Harrisburg Girls Basketball	
	7th-8th	May 30, 31	12-2	\$40	SMS	Checks payable to Harrisburg Girls Basketball	
	K-2nd	offered in fall					
Email Nick.Mayer@k12.sd.us with any questions							
<b>Girls Soccer</b>	HS	July 22nd-25th	6:30-9:00am	\$80	HHS Stadium(Turf)	Checks to Harrisburg Girls Soccer	May 17
	MS	July 22nd-25th	9:30-11:30am	\$80	HHS Stadium(Turf)	Checks to Harrisburg Girls Soccer	
	K-5	July 22nd & 23rd	12:30-2:00	\$30	HHS Stadium(Turf)	Checks to Harrisburg Girls Soccer	
	K-5-Player of Game Camp (Adaptive Soccer)	July 27th	10:00-11:30am	\$20	Horizon Gym	Checks to Harrisburg Girls Soccer	
	6-12-Player of Game Camp (Adaptive Soccer)	July 27th	12:00-1:30pm	\$20	Horizon Gym	Checks to Harrisburg Girls Soccer	
Please bring soccer cleats, shin guards, water bottle and athletic appropriate clothing. Questions Email: Desiree.Parmenter@k12.sd.us							



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Sport	Level	Date	Time	Cost	Location	Payment Info	Reg. Due
<b>Gymnastics</b>	HS	June 3-7	8:00-4:00	\$200	WINGS	Make Checks to HHS Gymnastics	May 17
	Level 6-10	June 3-7	8:00-4:00	\$200	WINGS	Make Checks to HHS Gymnastics	May 17
	email Coach Hovda with any questions stephanie.hovda@k12.sd.us						
<b>Tennis</b>	HS	June 13-14	1:30-3:30	\$40	HHS	Make Check to HHS Tennis	May 17
	MS	June 13-14	11:30-1:00	\$40	HHS	Make Check to HHS Tennis	
	5th-6th	June 13-14	10:00-11:15	\$40	HHS	Make Check to HHS Tennis	
	2nd-4th	June 13-14	9:00-10:00	\$40	HHS	Make Check to HHS Tennis	
	Email Matthew.Termansen@k12.sd.us with any questions						
<b>Volleyball</b>	HS	HS June 3-5 and 2nd -8th grade June 10-12	8:00am - 6:00 pm	\$225	HHS	Check to HHS VB by May 1st	May 17
	8th		10:00-12:00	\$75	SMS	Checks to Harrisburg Volleyball	
	7th		10:00-12:00	\$75	LIBERTY	Checks to Harrisburg Volleyball	
	6th		10:00-12:00	\$75	FREEDOM	Checks to Harrisburg Volleyball	
	5th		8:00-10:00	\$75	SMS	Checks to Harrisburg Volleyball	
	4th		8:00-10:00	\$75	LIBERTY	Checks to Harrisburg Volleyball	
	2nd-3rd		8:00-10:00	\$75	FREEDOM	Checks to Harrisburg Volleyball	
	Knee pads are recommended but not mandatory. T-shirt and shorts along with tennis shoes. Email Ronette.Constain@k12.sd.us with any quesitons						
<b>Wrestling</b>	6th-8th graders	June 17-19	12:30-2:30	\$25	HHS Wrestling Room	Checks to Harrisburg Wrestling	May 17
	3rd-5th graders		3:00-4:30	\$20	HHS Wrestling Room	Checks to Harrisburg Wrestling	May 17
	K-2nd graders		5:00-6:00	\$15	HHS Wrestling Room	Checks to Harrisburg Wrestling	May 17
	Varsity/JV Helpers		Schedule with Coach Andre	\$0	HHS Wrestling Room	No Payment	May 17
	Contact Chris.Andre@k12.sd.us with any questions						

## HARRISBURG HIGH SCHOOL

Sanford **POWER** / Summer 2019

### Sanford **POWER**:

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Sanford POWER is the regional leader in offering individualized programming for athlete development, sport performance training and injury prevention. For over 19 years 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:

- SCORE Athlete Assessment pre/post testing (June 6 / August 1) \*see separate schedule.
- Customized Sports Performance programming for strength, speed, power and agility
- Sports Nutrition Education team presentations available (*additional fee may apply*)
- Athlete biomechanical functional movement assessment (SCORE<sup>PRO</sup>) (*additional fee*)
- Access to Sanford Sports Science Institute (SSSI) Services:  
(Hydration/Sweat Loss Testing, Concussion Research, Body Composition Testing)

### Details:

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- Offered to current Harrisburg High School athletes & incoming freshmen (entering grades 9-12)
- Training sessions held at Harrisburg High School (see attached group training schedule)  
**OR** Sanford Fieldhouse (SCORE Testing only on June 6<sup>th</sup> and August 1<sup>st</sup> )
- Fee of \$160/athlete (tax included) for POWER Summer Program

\*Additional children in a family are discounted to \$120 (tax included). Please call our front desk to register them.

\*For scholarship information please contact Jim Altenburg at [jim.altenburg@k12.sd.us](mailto:jim.altenburg@k12.sd.us)

#### **Schedule / Registration / Fee:**

- June 3 - August 1, 2019. \*(**No sessions July 1-5**)
- M/T/W/TH @ Harrisburg High School
- SCORE Testing @ Sanford Fieldhouse (June 6<sup>th</sup> and Aug 1<sup>st</sup> only)
- No make-up sessions / No prorated amounts
- Full payment of \$160 (tax included) due by May 31<sup>st</sup>
- 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

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