



Winter Running Wellness Program Nilsnation



www.nilsnation.com

Sponsored by Hamden Parks & Recreation
&
Woodbridge Running Company

A running camp designed to develop skills and techniques in running. Topics to include proper training, nutrition, fitness, cardio exercises and proper equipment. "A sport for life."

Session 1: December 6 – January 13, 2011 (5 weeks)

Session 2: January 17 – February 17, 2011 (5 weeks)

Grades: 5th - 8th

Days: Mondays and Thursdays; 4:30 pm – 5:45 pm

Cost: \$85.00 per session

Location: Hamden High School, 2040 Dixwell Ave.

Make check payable to **ProTen** and mail along with completed application to Hamden Parks & Recreation, 2750 Dixwell Ave., Hamden, CT 06518, c/o Winter Running Wellness Program.

Staff: Nils Leblang, Hamden girls X-C Coach
Bryce Lindamood, Hamden boys X-C Coach

For information contact Nils at nilsleblang@yahoo.com

Nilsnation - Winter Running Camp – 2010 -2011

Name _____ Phone _____ Grade _____

Address _____ City _____ Zip _____

E-Mail _____ School Attending _____

Waiver

I, for myself, spouse, child/guardian and on behalf of my heirs, assign and next of kin, agree to hold the Town of Hamden, its officers, officials, employees, agents and servants harmless and waive all rights of claims for liability, damages benefits of any nature, whether legal or equitable, against the Town of Hamden and its officers, officials, employees agents and servants in the event of any injury, accidental, natural causes or any illness as a result of his/her participation in the Hamden sports camp programs. I also grant permission for medical treatment and if necessary hospitalization by ambulance transport.

Parent/Guardian Signature _____ Date _____

Office use only: Amount paid _____ Ck # _____ Cash _____ Date Received _____