

# WINTER TENNIS & RUNNING CLINIC

Sponsored By Hamden Recreation Dept.

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Dragon Strong Running Club



All programs are geared for youngsters of all ability levels. Tennis programs will introduce students to racket sports including pickle ball & tennis. Our running & track clinic is designed to develop skills and techniques in fitness and health. Topics to include training in running, nutrition, cardio- exercises and proper equipment. These experiences can help the participant become a more inspired athlete as they achieve new levels of abilities and make new friends!! Students learn early the sense of success which can become a "life sport".

**Tennis – Tuesdays – Jan 3, 10, 17, 24, 31, February 7, 2017**

**Location – Spring Glen School Time: 4:00 - 5:00 pm Grades: K – 4th Cost: \$90.00**

**Tennis – Thursdays – Jan 5, 12, 19, Feb 2, 9, 16, 2017**

**Location – Bear Path School Time: 3:30 - 4:30 pm Grades: K – 4th Cost: \$90.00**

**Running – Mondays & Wednesdays – Dec. 19, 21, Jan 4, 9, 11, 18, 23, 25, Feb 1, 6, 8, 13, 15, 2017**

**Location – Hamden High School Time: 4:30 - 5:30 pm Grades: 4 – 8th Cost: \$110.00**

**Coaches: Nils LeBlang & Aaron Hawkins**

**Make check payable to Nils Leblang and mail along with completed registration to Hamden Recreation Dept., 2750 Dixwell Ave., Hamden, CT 06518, c/o Winter Sports**

**Contact:** Nils LeBlang: Email: [nilsleblang@yahoo.com](mailto:nilsleblang@yahoo.com) for additional information

**Enrollment is limited – register early**

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## Tennis & Running Winter Program: 2017

Name \_\_\_\_\_ Phone \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_ School attending \_\_\_\_\_

Tennis ( SG) \_\_\_\_\_ (\$90) Tennis (BP) \_\_\_\_\_ (\$90) Running (HHS) \_\_\_\_\_ (\$110)

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 \_\_\_\_\_