



# SUMMER RUNNING & FITNESS ACADEMY

## 2015

### Nilsnation

[nilsleblang@yahoo.com](mailto:nilsleblang@yahoo.com)

Sponsored by Hamden Recreation Dept.

Woodbridge Running Company

[www.hamden.com](http://www.hamden.com)



A running & track clinic designed to develop skills and techniques in fitness and health. Topics to include training in running, nutrition, cardio- exercises and proper equipment.

### “A sport for life.”

**Dates:** August 3-August 21 (9 sessions)

**Grades:** 5th-11th

**Days:** Mondays, Wednesdays, Fridays; 10:30 am – Noon

**Cost:** \$125.00

**Location:** Hamden High School Track - 2040 Dixwell Ave.

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Make check payable to **Nils LeBlang** and mail along with completed application to **Hamden Recreation Dept., 2750 Dixwell Ave., Hamden, CT 06518, c/o Summer Running & Fitness Program.**

**Staff:** Nils Leblang Director  
Harry Lewis  
Aaron Hawkins  
Guest Coaches

For information contact Nils at [nilsleblang@yahoo.com](mailto:nilsleblang@yahoo.com)

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## Nilsnation - Summer Running & Fitness Academy -2015

Name \_\_\_\_\_ Phone \_\_\_\_\_ Grade \_\_\_\_\_

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

E-Mail address \_\_\_\_\_

### 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 \_\_\_\_\_