

2013 Weight Training/Conditioning & Skills Program

SPONORED BY
EAST HANOVER & FLORHAM PARK RECREATION DEPARTMENTS

Grades: Entering 9th grade in September to 12th grade

Place: Hanover Park High School Gym

Dates: June 24th to August 1st

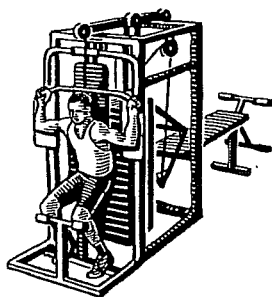
Days: Monday - Thursday

Time: 9am - 12:30pm

Register at the East Hanover & Florham Park Recreation Departments or you can go on-line at www.easthanovertownship to download a registration form.

❖ COST: \$70.00

❖ MAKE CHECKS PAYABLE TO: Township of East Hanover



ANY QUESTIONS PLEASE CALL: 973-428-3095

**2013 Weight Training/Conditioning & Skills Program
REGISTRATION FORM**

DATE: _____

NAME: _____ AGE: _____ GRADE: _____

ADDRESS: _____ TOWN: _____

HOME PHONE: _____ EMERGENCY PHONE: _____

HEALTH INSURANCE CARRIER: _____

DATE OF LAST PHYSICAL: _____

Please list any allergies or physical handicaps. Also, if child is presently under any form of medication:

I understand that there are certain risks of injury inherent in the practice and play of this program, as well as in traveling and other related activities incidental to my participation and I am willing to assume these risks. I hereby certify that I am fully capable of participating in the designated program and that I am healthy and have no physical or mental disabilities or infirmities that would restrict full participation in these activities, except as listed.

In addition to giving full consent for my participation, I do hereby waive, release and hold harmless the organizations named, its officers, coaches, sponsors, supervisors and representatives for any injury that may be suffered by me in the normal course of participation in the designated program and the activities incidental thereto, whether the result of negligence of any other cause.

NAME OF PARTICIPANT

PARENTS SIGNATURE