

RELEASE AND WAIVER OF LIABILITY AND INDEMNITY
AGREEMENT

In consideration of the permission granted to the participant named below to participate in the Hampton Recreation and Parks Department programs, I/we SHALL RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE the HAMPTON RECREATION AND PARKS DEPARTMENT, their agents and employees from all liability for any and all loss or damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the named participant, whether caused by the negligence of the HAMPTON RECREATION AND PARKS DEPARTMENT, its agents and employee or otherwise while the named participant participates in its programs.

I/we further agree to indemnify the HAMPTON RECREATION AND PARKS DEPARTMENT, their agents and employees from any and all liability, loss or damage including but not limited to bodily injury, illness, death or property damage which the HAMPTON RECREATION AND PARKS DEPARTMENT, their agents and employees become legally obligated to pay including reasonable attorneys' fees and costs, as a result of claims, demands, costs or judgments, against the HAMPTON RECREATION AND PARKS DEPARTMENT, their agents and employees on account of injury to the person or property or resulting in the death of the named participant whether or not caused by the negligence of the HAMPTON RECREATION AND PARKS DEPARTMENT, their agents and employees and whether or not such liability is sole, joint or several.

I/we am aware that participation in this program may present a strain on my child's body, or its parts and therefore I represent to HAMPTON RECREATION AND PARKS DEPARTMENT that to the best of my knowledge, my child is in a proper physical condition to allow him/her to participate and that I/we assume the risk of participating.

I/we understand that the above program involves traveling to various activity sites. I/we will accept full responsibility for the transportation of my child to and from these activities and I/we release, indemnify and hold harmless any persons providing such transportation.

I/we understand that in case of injury or illness, I/we will be notified. If it is impossible to contact me and it is an emergency, I/we hereby give permission to the attending physician to treat, hospitalize, administer anesthesia, or to order injections or surgery for the safety of my child.

I/we, the parent/legal guardian, the undersigned, have read this release and understand all its terms. I/we execute it voluntarily and with full knowledge of its significance. I/we have executed this release on this date indicated next to my/our names.

I/we understand that the Department frequently takes photographs of its activities and participants during the course of the Department's activities. I hereby give permission to the Department to take such photographs of the above Participant and to use these photographs in the Department's publicity.

Signature

Date

"The five S's of sports training are: stamina, speed, strength, skill, and spirit; but the greatest of these is spirit."

"The results speak for themselves if you're willing to put in the work"
- Ryan Cronan

VICTORY TRAINING

5 Lafayette Road
Hampton, NH. 03842
Phone: (603)-918-1207



VICTORY TRAINING

Presents

Chutes & Ladders

Speed and
conditioning camp for
Girls and Women



Hampton Rec: (603)-926-3932
100 Winnacunnet Road, Hampton, NH

VICTORY TRAINING:

Pull parachutes, mater the agility ladder and do all the cone drills that the college athletes do.

- **Monday & Thursday**
- **Time: 4-4:45 p.m**
- **Tuck Field**
- **June 24th- August 15th**
- **Amount: \$99**
- **Cleats a must!**
- **Sign-up at Hampton Rec. Department**
- **Spaces fill fast so sign up soon!!!**

HEADLINES: "Evans helps local football players excel in college"- **Portsmouth Herald**

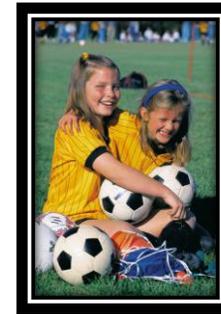
"Tom helped me out a ton; he pushes his players hard and helped us all become successful in college,"- **Craig Stevens (Fordham)**

"It's just good to see all off these players work together and help each other because they all have the same goal to get better." – **Tom Evans**

Tom Evans has owned and operated Victory Training for 15 years and has 25 years of experience in health and fitness. He is a graduate of our very own **Winnacunnet High School** where he played football ('83 Champs) and of **Spring Field College**. Tom has worked with hundreds of athletes of all skill levels. All other staff members played collegiately and have coaching experience.

"I believe in a balanced approach to muscular strength and cardiovascular fitness with a shift towards more football specific activities that encompass high-intensity protocols to train the entire body. I have yet to have a college athlete not pass a required conditioning test."

-Tom Evans



Hampton Recreation and Parks Department
100 Winnacunnet Road
Hampton, NH 03842
 Tel: 603-926-3932 Fax: 603-926-6768

Name of Participant Parent/Legal Guardian

Age Date of Birth Grade

Address

City State Zip

Work Phone Home Phone

Emergency Contact Emergency Phone

Please list any medical conditions we should be aware of:

Please sign reverse side