

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 employees 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  
Hampton Rec: (603)-926-3932**



# VICTORY TRAINING

**Presents**

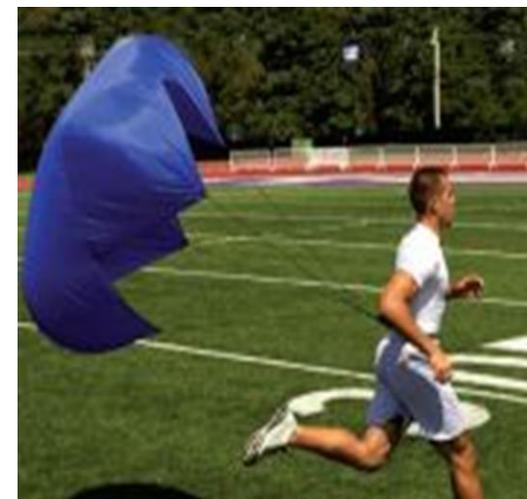
**Summer 2013**

**Football**

**Soccer**

**Flag Football**

**Speed, Agility, Conditioning**



**Phone: (603)-918-1207  
Hampton Rec: (603)-926-3932  
5 Lafayette Road  
Hampton, NH**



# VICTORY TRAINING:

- **Monday, Tuesday, & Thursday**
- **Time: 4-4:45p.m**
- **Tuck Field**
- **June 24<sup>th</sup>- August 8<sup>th</sup>**
- **Amount: \$150**
- **2<sup>nd</sup> Family Member 1/2 Price!**
- **Sign-up at Hampton Rec. Department**
- **SPACE LIMITED SO SIGN UP NOW!**

## Sport-Focused Training:

Victory Training is for all athletes in various sports. Tom Evans has trained some of the top high-school and college athletes in New Hampshire. Victory Training offers athletes to improve their athletic ability and reach that next level.



**JJ Brooks:** (Winnacunnet High-School Grad.) –Fosters Daily Dem. Player of the Year. (Plymouth State)- All-Conference

**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**

"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**

A graduate of **Springfield College**, Tom Evans has been training football players for twenty years. Tom played football at **Winnacunnet High School (83' Champs)** and at Springfield College. He has also coached at the high-school and college level. All other staff members played collegiately and have coaching experience.

**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 →