

2008 SUMMER RUNNING CAMP BOYS & GIRLS

All ages welcomed

WHERE: Brookdale Park, Bloomfield
WHEN: Monday – Friday, Aug. 11-15
TIME: 6:00 PM - 8:00 PM
REGISTRATION: \$125.00 per person or \$100.00 if 3 members
from the same team sign up

COACHES:

Joel Pasternack – Glen Ridge Head Coach & Former William
Paterson, Montclair State University and Ramapo Coach

Amy Ulto – Mount Saint Dominic Head Coach

* Training will include: distance, speed, hills,
strength & flexibility



If you have any questions, please call Joel Pasternack at 973-773-2082

Please return form, waiver and check payable to Joel Pasternack by August 5, 2008 to Joel Pasternack,
126 Patricia Pl., Clifton, NJ 07012

Name: _____

Address: _____

Date of Birth: _____ Grade: _____

Phone: _____

Emergency Phone: _____

I, the undersigned parent or guardian, do hereby grant permission for my son/daughter to attend the Running camp on August 11-15. I acknowledge, understand and agree that in participating at the camp there is a possibility of physical injury and that my son/daughter is assuming risk of such physical injury by his/her participation. I assume full responsibility for my son/daughter's participation. The camp staff will not be held responsible for any injury incurred while my son/daughter is at camp. I will be notified immediately at the above phone number in the situation where an injury to my son/daughter has occurred.

Parent's Signature

Date