



2018 Summer Offerings:

Camp I: Speed & Endurance Development: July 30 - August 3 (8:30 - 11:00am)

Camp II: Fall Sports Running & Conditioning: August 13 - 17 (8:30 - 11:30am)

PHILOSOPHY

Heads Up Running is built around three core principles: heart, unity, and respect. In working with young athletes, these principles are the focus of everything we do. Merging traditional running programs with engaging team building, core exercises, and plenty of fun... Heads Up Running is right for athletes of all levels. Our programs are ideal for cross country, track & field, or any athlete interested in conditioning for fall sports. Heads Up Running proudly helps to instill a lifelong love of running, one athlete at a time.

WHO IS HEADS UP RUNNING FOR?

Heads Up Running is for anyone who loves running, wants to condition for an upcoming sport, or simply would like to try something fun and new. The camps are designed for kids entering grades 5 through 11 in the fall (roughly age 10 through age 16).

CAMP DIRECTORS

Having coached cross country and outdoor track & field for decades, Justin Tomczyk, Steve DeAngelo, and Kyle Astle bring a contagious enthusiasm for running to athletes of all abilities, while instilling a lifelong love of running to hundreds of athletes each year. Justin & Steve coach the Roger Ludlowe Middle School running program, leading the RLMS Outdoor Track team and Cross Country teams to great success. They have coached track and cross country runners in State and USATF Junior Olympic races on the National level. Kyle was a standout runner for Fairfield High School, and was a collegiate runner at Dickinson College, in both cross country and track. Kyle currently coaches the Tomlinson Middle School running program. He has competed in many local running events including the Fairfield Half Marathon. Justin, Steve and Kyle are current USATF members, and all camp directors hold CT coaching certification and First Aid/CPR certificates.

FACILITIES

Heads Up Running Camps are held at multiple locations during camp weeks, including: RLMS/FLHS Campus (689 Unquowa Road, Fairfield), Pine Creek Marsh Trails (210 Old Dam Road, Fairfield), Collis P. Huntington State Park, Redding, Wolfe Park (Monroe), and Pequonnock River Trails. Locations are subject to change, so be sure to check the specific camp webpages for full details.

TRANSPORTATION

Campers must provide their own transportation to camp at any of the Fairfield locations. Athletes will be transported to selected destinations, such as Huntington State Park, Wolfe Park, and Pequonnock River Trails, via school bus.

TUITION: \$199 per offering * (\$185 if sign-up is received on or before May 1, 2018)

Acceptable forms of payment are check, money order, or cash. Please make checks payable to: **Heads Up Running, LLC** and include your child's name on all checks. Tuition must be paid in full with the registration form and camp health form.

Campers will not be allowed to participate without the completed REGISTRATION and CAMP HEALTH forms on file!

Tuition includes all instruction, activities, site fees, bus transportation during camp hours, and an official camp T-shirt.

This is a rain-or-shine camp. In the event that severe inclement weather causes a day of camp to be cancelled, that day will not be made up. **There will be no refunds for cancellations due to inclement weather. Refunds will be granted if athlete cancels 3 weeks prior to camp start date.**

For more information, call Coach Tomczyk at 203-543-8681 or Email at info@headsuprunning.com



2018 HEADS UP RUNNING CAMP REGISTRATION FORM

Confirmation of enrollment will be sent via email when registration and payment is received, so PLEASE PRINT CLEARLY!

Name: _____ Address: _____
 City: _____ State: _____ Zip: _____ Age (During Camp): _____ Gender: _____
 Home Phone: _____ Parent's Work/Cell: _____
 E-mail: _____ Grade Entering (18/19 school year): _____

<input type="checkbox"/> Speed & Endurance Development Camp July 30 – August 3, 2018 Cost: \$199.00	<input type="checkbox"/> HuR Running / Conditioning Camp August 13 – 17, 2018 Cost: \$199.00	Tee Shirt Size (Circle) Adult or Youth S M L XL <i>Campers will receive one camp shirt.</i>
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RELEASE AND WAIVER OF LIABILITY

I understand that playing or participating in the above sport may be a potentially dangerous activity involving risk of injury. I understand that in any sport, such as the sport involved at this camp, an athletic participant can be seriously injured. I am aware that the dangers and risks of my child's/ward's playing or participating in the above sport include, but are not limited to, falls, contact or collisions with other participants, equipment and facilities, insect bites/stings, and the effects of weather, including high heat and humidity (facilities are not air conditioned). I have certified to the director, by my signature below, that my child is in good health and physical condition and sufficiently able to participate in the above sport and the camp. I have advised the director of any limitations on my child's/ward's activities for medical reasons in writing below. Knowing and having been informed of the potential dangers and risks associated with playing the above sport, and in consideration of my child/ward being allowed to participate in the camp, I hereby agree on behalf of myself, my family members and my child/ward to assume all such risks and, further, to waive, release, discharge and hold harmless the Heads Up Running, LLC, Heads Up Running Camp, and its directors from any and all liability, actions, causes of actions, claims or demands for personal injury and/or illness of any kind or nature, and any other claims whatsoever arising out of, or in any way connected with, my child's/ward's playing and participating in the above sport and camp. I fully understand that the camp participant will be held responsible for all property damage. This Release/Waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown.

I hereby consent to permit the coaches working at the Heads Up Running Camp to provide emergency first-aid or medical treatment for my child/ward, according to their best judgment, in the event he/she suffers an injury or illness while participating in the camp or on camp premises. The camp is not responsible for personal items that are lost, stolen or damaged. I also understand that pictures taken at camp may be used in any promotional materials.

Signature of Parent/Guardian: _____ Date: _____

Medical Insurance Co.: _____

In case of emergency, call: Telephone #: _____

Allergies / Medical Issues we should be aware of: _____

Return completed registration & payment to:



Justin Tomczyk, Camp Director
 Heads Up Running Camps
 196 Anson Street, Stratford, CT 06614

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