

Redding Park & Recreation
P. O. Box 1071
Redding, CT 06875
203-938-2551 fax 203-938-1071

Dear Parents and Campers,

Welcome to Nova Speed Camp! Kevin Foley is your Camp Director. Athletes will train the basic bio-motor abilities to improve strength, speed, flexibility and coordination. NOVA Speed Camp is intended for any athlete age 9 ó 14 who wants to improve sports specific speed and learn proper technique to improve performance. Each athlete will learn the fundamentals for developing speed and how to eliminate wasted movement that slows you down and burns you out! Pre and post performance testing will be completed and athletes receive a plan to continue performance improvement.

Camp Hours: 9:00am ó 12:00pm

Location: JBHS track ó if gate is locked you must park by the tennis courts and walk to track.

Here is a reminder of things for the campers to bring:

Running shoes
Plenty of water
Extra socks
Towel
Snack (nothing with peanuts)
Hat
Sunscreen
A good attitude!

For weather related concerns call **203-938-5036**. We are looking forward to seeing you at camp. Please pick up your camper promptly at noon. A late fee of \$10 for every part of 15 minutes late will be charged to your account at Park & Rec.

Sincerely,

Laura Anderson
Director of Recreational Programs