

The NHHS Strength and Conditioning Program has opened for the 2018-2019 school year. This program is led by certified strength & conditioning trainers from Ranfone Training Systems in Hamden, CT. The North Haven Athletic Department and the North Haven School District has put forth this program for all students at North Haven High School. There is no fee to register and participate in this program. The intent is to help our high school students to learn how to train properly in order to have healthy body and mind. Below are the instructions to sign up for sessions.

Just like last year, students need to register on FamilyID with a valid physical before they are eligible to participate. Here is the link to that registration program:

<https://www.familyid.com/north-haven-public-schools/high-school-strength-conditioning-2018-2019>

Also, like last year, students will need to sign up individually to reserve their spot(s). Below you will find information about how to sign up for sessions in the NHHS Strength & Conditioning Program.

Here's how it works in 3 easy steps:

1) Click this link to see our SignUp on SignUp.com:

<http://signup.com/go/czojtts>

2) Review the options listed and choose a spot(s).

3) Sign up! It's Easy - you will NOT need to register an account or keep a password on SignUp.com.

Note: SignUp.com does not share your email address with anyone.

If there are any questions, please contact the North Haven Athletic Department at 203-239-1641. Thank you for your cooperation in creating a successful strength and conditioning program.

Sincerely,

Steve Blumenthal
Director of Athletics
North Haven Public Schools