

Enroll Early!

Manalapan Parks and Recreation presents:

2019 Spring Youth Track Programs:



Instructed by Gone Running, LLC

USA Track and Field Coaches Bob Andrews, Kristin Andrews & Willie Cicoria
With Alisa Hagenberg, Kyle Price, Liz Spector & Diane Wilmot

Youth Recreational Running Program

For children Grades K-12:

Mondays 5:00 - 6:00 p.m.

Thursdays 5:00 - 6:00 p.m.

For children Grades 3-12

Saturdays 12:00 p.m. – 1:00 p.m.

Program dates: Saturday, March 30th – Monday, June 10th

Fee: 1 time/week = \$ 100.00 per person
2 times/week = \$ 180.00 per person

Includes 9 weeks and a local track meet on Sunday, June 2nd
(Track meet is included in registration fee and begins at 10:00 a.m.)

Participants will learn:

- Fitness is fun!
- Proper running form
- How to run for enjoyment
- Proper running form
- Dynamic flexible warm-up
- Racing start techniques
- Plyometrics

OR

Junior Olympic Track & Field Competition Program

For children entering Grades 3-12:

Mondays 5:00 - 6:15 p.m.

Thursdays 5:00 - 6:15 p.m.

Saturdays 11:00 a.m. - 12:00 p.m.

Program dates: Saturday, March 30th – Saturday, June 22nd

Fee: \$300.00 – 12-week program includes up to 3 training sessions/week

Includes: Training program in both track and field events as well as relays
Entry to NJ Association Junior Olympic Meet (June 9/10th)
Shore AC Competition Jersey

This is a 12-week program and includes the entry fee for
the NJ Association Junior Olympic Meet on June 9/10th.

(USATF + Shore AC memberships required. Not included in fee.)

Registrants should bring running shoes and water.

All sessions will meet at Manalapan High School.

No session on April 20th, May 25th & May 27th



=Credit Card registration is accepted on-line only!

<https://register.communitypass.net/manalapan>

All other registration will be accepted by mail at 120 route 522, Manalapan 07726
Or in person at the Manalapan Parks and Recreation office, 93 Freehold Road

For more information go to WWW.MTNJ.ORG

Please visit WWW.MTNJ.ORG and sign up for Manalapan Township Email alerts
to receive the latest information about Manalapan Township!

Recreation keeps you fit for life!

